

Plan Ahead for Emergencies



WHAT CAN I DO TO BE READY FOR AN EMERGENCY?

- **Know where to call.** Make a list of names and toll-free phone numbers for your dialysis facility, transplant center, Nephrologist, and ESRD Network.
- **Make a safety kit.** At least once a year go through the kit and add, delete, or replace any out-date items.
- **Know your medicines.** Make a complete list of every medicine you take, every pharmacy you use, and any allergies you have. Update your list at least once every six months and put a copy on your refrigerator and in your safety kit.
- **Keep vital papers safe.** Use a large waterproof bag to store copies of your driver's license, medicine list, phone numbers, and other important papers.
- **Ask your facility staff what THEY will do to care for you in an emergency.**
- **Write out a plan.** Include where to go, what to do, and whom to contact. Keep available cash and/or a credit card with a zero balance in case you can't get to a bank.
- **Use a surge protector if you have a home dialysis machine.**
- **Practice!** Take part in emergency drills at your facility and at home with your loved ones.
- **Keep extra cell phone chargers in your safety kit.**

ESRD Network Emergency Disaster Contact Numbers

Alabama, Mississippi, Tennessee
1-877-936-9260

Texas
1-866-407-3773