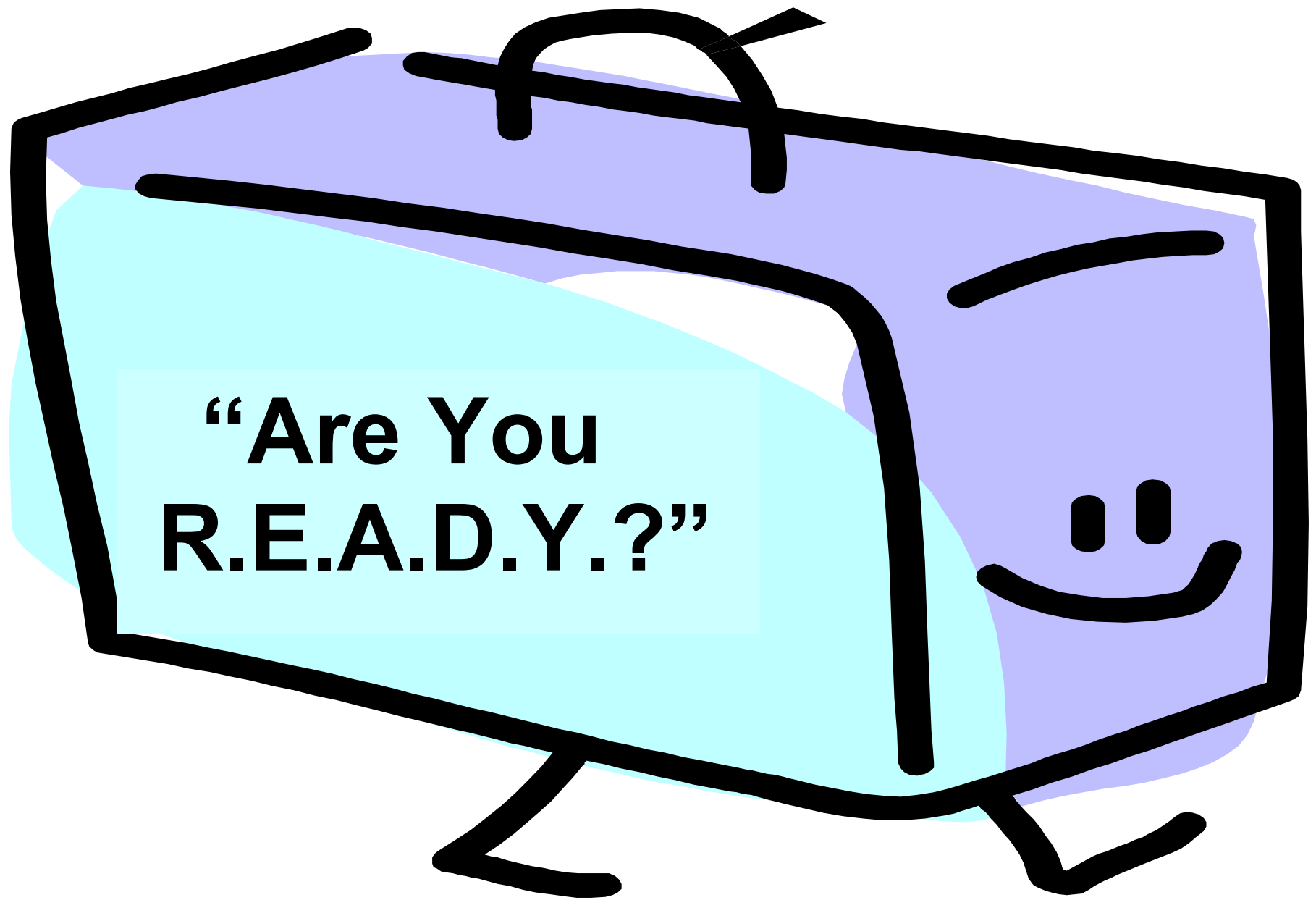


The “TEEC”, Texas ESRD Emergency Coalition, asks:



R is for **Rx** (Prescriptions). Keep a list of all medicines you take. Always have a week's supply on hand.

E is for **E.R.** Go to the emergency room if you have serious problems. Here's a list to remind you.

A is for **access** to people & places. Make a list of phone numbers most important to you.

D is for **diet & liquids**. Keep safe supplies on hand. When you can't go to dialysis, you can't drink much at all!

Y is for **YOU!** Make a plan with family, friends & neighbors to stay safe.

E is for **E.R.**, The Emergency Room.

Go to the Hospital E.R. if you have serious problems, like:

Major Injury. How are you hurt? _____

Pain that is not normal for you. _____

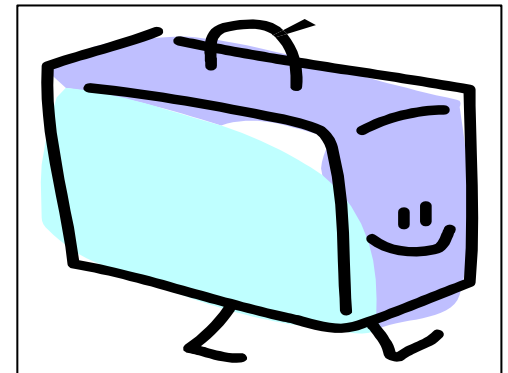
Unusual swelling. _____

Shortness of breath, trouble breathing. _____

Chest pain. _____

Blurry vision. _____

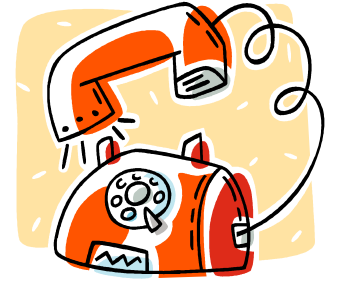
Others: _____



NAME: _____ Address: _____ City: _____ State: _____

A is for **access** to people & places.

PHONE #

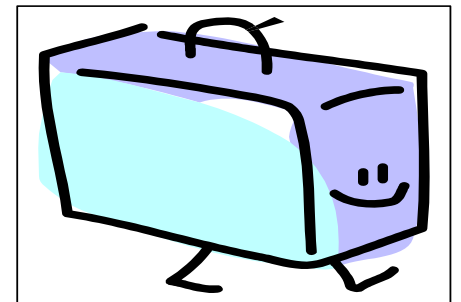


1. _____ Dialysis Clinic
_____ Address

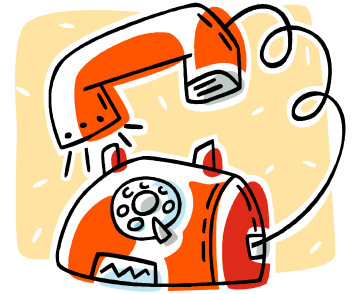
1. _____ Hospital E.R.
_____ Address

1. _____ Pharmacy
_____ Address

2. _____ Pharmacy
_____ Address



A is for **access** to people & places.



Nearest Relative: _____

Relationship: _____

Phone: _____ Cell: _____

Emergency Contact: _____

Phone: _____ Cell: _____

***Out of State Emergency Contact: _____

Phone: _____ Cell: _____

****Very Important!!! Contact out of the area can serve as central contact to help you locate family and friends since you may not be able to contact them directly.

AM radio stations: _____

FM radio stations: _____

D is for **diet & liquids**. Keep these supplies on hand.

Use an air-tight, insect-proof container. Replace each year.
Don't forget – if you can't go to dialysis, you can't drink much!

GOOD PROTEIN

(2 - 3 oz a day)

canned, drained, salt free:
Tuna, Chicken, Salmon (no bones)

FRUITS

(2 servings a day)

canned, drained: Pears, Plums
Peaches, Fruit Cocktail
Pineapple, Applesauce

DRINKS

(cut in half)

Water, Koolaid, Cranberry juice
Root Beer, Lemon/lime Soda

FAT (good for calories):

Cooking oils, like Canola oil

VEGETABLES

(2 servings a day)

canned, drained, salt-free:
Carrots, Green beans, Green peas

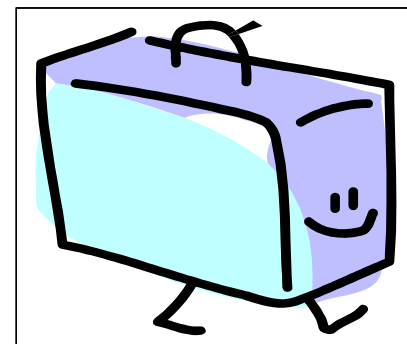
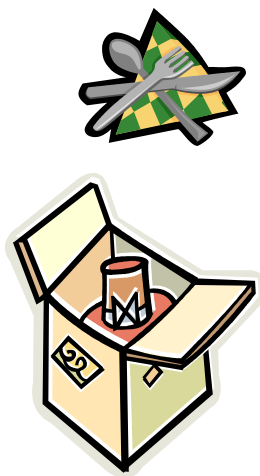
BREADS & STARCH

(2 - 4 servings a day)

White Rice, Noodles, Macaroni
White Breads & Rolls
Cooked cereals
Crackers, salt-free
Graham crackers, Wafer cookies

SWEETS (good for calories)

Sugar, Gum drops, Hard Candies
Jam, Jelly, Syrup, Honey
Cranberry sauce, Marshmallows
Skittles®, Starburst®, Lifesavers®




More Diet Ideas (page 2):

- **Eat only half (1/2)** of the meat that you would usually eat.
- **Drink only half (1/2)** of what you would usually drink. Even limit foods high in water like cooked cereal/pastas, fruits, vegetables, gelatin, ice cream, sherbet, ice.
- **Plan to have only salt-free foods!**
- **Avoid all high-potassium foods.** Some of these are milk (all kinds), beans (all kinds), nuts (all kinds), bananas, potatoes (French fries, baked potatoes, yams), oranges & orange juice, prunes, spinach, avocado and substitute salt.
Keep a list from your dialysis dietitian in your emergency box.
- **If you have diabetes, plan for ways to treat low blood sugar.**

No Electricity? Food in the refrigerator will stay fresh for a few days.
Open the refrigerator as little as possible to keep foods cold.

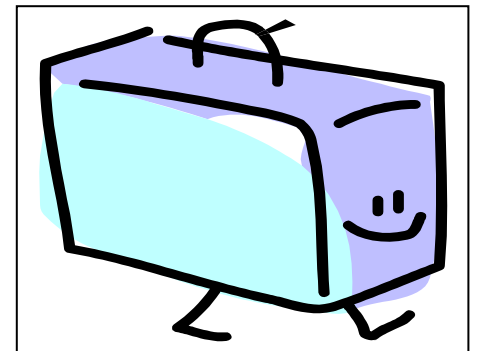


Use foods from your refrigerator first!

Y is for **YOU!** Make a plan with your family, friends & neighbors to stay safe.  Write down things to do & things to remember:

A few key parts of the plan:

1. Establish a reunion location close to home—easy to remember and easy for everyone to find.
2. Establish a reunion location further away from home in case you can't return to your neighborhood.
3. Take time to plan now! You'll be glad you did.



Are You “R.E.A.D.Y.”?



Things to Remember:

- Get your clear disaster bag
- Put on your purple wrist band
- Take your medications
- Make sure the records from your clinic are in the clear disaster bag