

PLAN AHEAD FOR EMERGENCIES

EMERGENCY PREPAREDNESS CHECKLIST: WHAT CAN I DO TO BE READY FOR AN EMERGENCY?



ESRD Network Emergency Disaster Contact Numbers
Alabama, Mississippi, Tennessee: 1-877-936-9260
Texas: 1-866-407-3773

- 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.