



Disaster Preparedness Individuals With Kidney Failure Need To:

- ✓ **Make an emergency supply kit.**
- ✓ **Keep an updated medicine / allergies list** with you at all times.
- ✓ **Create a personal evacuation plan** - plan to evacuate early when warranted.
- ✓ **Talk to the health care team** about the facility emergency care plan, including how to contact facility staff in the event of an emergency or disaster, where back-up care can be obtained, and how to get copies of vital medical records. Many facilities have toll free numbers to call for assistance.
- ✓ **Keep a record of your facility's name** (make sure it is the official name because many facilities have similar names), physician name, and emergency contact information and keep them with all other important information.
- ✓ **Collect important personal information** and put it together in something water proof. (sandwich bag or screw top pill bottle, etc.)
- ✓ **Give your kidney care team out-of-state contact** numbers (if available).
- ✓ **Get a copy of the emergency diet** and keep emergency supplies on-hand.
- ✓ **Plan for back-up transportation** to dialysis.
- ✓ **Get a list of dialysis facilities** in the area.
- ✓ **Follow your physician's advice** regarding diet & fluid intake during a disaster, when possible.
- ✓ **Follow the same frequency for dialysis services when possible.**
Services may be harder to find so don't wait too long to start looking. Following the emergency diet can help if you can't get to services for a day or two.

For comprehensive planning information for individuals with kidney failure, visit:

www.nwrenalnetwork.org/E/emergency.htm

Anatomy of a First Aid Kit

A well-stocked first aid kit is a handy thing to have. To be prepared for emergencies, keep a first aid kit in your home and in your car. Carry a first aid kit with you or know where you can find one. Find out the location of first aid kits where you work. First aid kits come in many shapes and sizes. Your local drug store may sell them.

You may also make your own. Some kits are designed for specific activities, such as hiking, camping or boating. Whether you buy a first aid kit or put one together, make sure it has all the items you may need. Include any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest. Check the kit regularly. Make sure the flashlight batteries work. Check expiration dates and replace any used or out-of-date contents.

The American Red Cross recommends that all first aid kits for a family of four include the following:

- **2 absorbent compress dressings (5 x 9 inches)**
- **25 adhesive bandages (assorted sizes)**
- **1 adhesive cloth tape (10 yards x 1 inch)**
- **5 antibiotic ointment packets (approximately 1 gram)**
- **5 antiseptic wipe packets**
- **2 packets of aspirin (81 mg each)**
- **1 blanket (space blanket)**
- **1 breathing barrier (with one-way valve)**
- **1 instant cold compress**
- **2 pair of nonlatex gloves (size: large)**
- **2 hydrocortisone ointment packets (approximately 1 gram each)**
- **Scissors**
- **1 roller bandage (3 inches wide)**
- **1 roller bandage (4 inches wide)**
- **5 sterile gauze pads (3 x 3 inches)**
- **5 sterile gauze pads (4 x 4 inches)**
- **Oral thermometer (non-mercury/nonglass)**
- **2 triangular bandages**
- **Tweezers**
- **First aid instruction booklet**