

# Surviving a Disaster—How to Get Ready

## Keep a week's supply of medicine

- Refill your medicine a few days early each month, and soon you'll have an extra supply
- Store in a waterproof container
- Ask your doctor about Kayexalate, a medication that removes potassium if you can't dialyze
- Keep extra medicine at work or anywhere you spend time away from home

## If you're diabetic

- Keep a week's supply of insulin, syringes, lancets, wipes, plus spare batteries and test strips for your glucose monitor
- Insulin should be refrigerated, but can be stored at room temperature for up to a month
- Keep sugar, honey, or cake icing for low blood sugar

## Make sure we can reach you

- Update emergency contact information with your dialysis center
- Provide at least 3 ways to reach you: home, work, cell numbers, relatives, etc.

## Plan for back-up transportation

- You may need another way to get to dialysis
- Ask your social worker about transportation resources
- Talk to friends and relatives who could help

## Emergency kit—what to have at home

- Emergency diet food supply for 3-5 days
- Paper/plastic plates, cups, bowls, utensils
- Can opener (non-electric)
- Battery-operated radio with extra batteries
- Flashlight with extra batteries
- Candles/matches in waterproof container
- First aid kit, sharp knife and scissors
- Paper towels and hand sanitizer
- Moist towelettes, wipes, garbage bags and plastic ties for personal sanitation
- Gallon jugs of distilled water (one gallon per day per family member)
- Bleach (plain unscented) and 1/4 teaspoon for purifying water (use 1/4 teaspoon of bleach per 1.5 gallons of water)

## Emergency kidney diet food supply

- Very restricted diet to help you stay alive without dialysis for a few days, and does not require refrigeration or cooking
- Food should be **very** low in potassium, protein, salt and fluids to keep waste and water from building up in your body
- Your dietitian has more information and will help you plan

## Get an emergency medical bracelet

- Emergency medical staff will know you're a dialysis patient and if you're diabetic
- Order forms at most pharmacies, including Northwest Kidney Centers' pharmacy