

Are you ready for an emergency?

Failing to prepare is preparing to fail

Be it weather, natural disaster or a power outage, emergencies come in all shapes and sizes. While we can't predict what will happen next, we can get prepared. In addition to gathering supplies and food items (see page 2), completing these tasks will help you get ready.

✔ **Keep a one-week supply of medications**

Refill your medications early enough so you always have at least a week's supply on hand. Keep extras at work or anywhere you spend a lot of time. Be sure to use up your extra medications before they expire and replace them with a fresh supply.

Ask your doctor about Kayexalate, a medication that removes potassium if you can't dialyze.



Anna Lee
dialyzes at
Northwest
Kidney Centers
Renton.

✔ **Update your contact information with your clinic**

Be sure your dialysis care team has at least three ways to reach you, such as home, work, cell numbers, email addresses, relatives, etc.

✔ **Make a backup plan for transportation to dialysis**

Ask your social worker about transportation resources in case you need another way to get to dialysis. Or ask friends and relatives to help.

✔ **Get an emergency medical bracelet**

Wear an emergency medical bracelet in case you can't communicate. It will help medical personnel recognize conditions such as dialysis and diabetes. Your bracelet can let health providers know to protect your dialysis access. You can order one at most pharmacies, including Northwest Kidney Centers' pharmacy.

✔ **Keep essential information with you**

Carry a list of your medications, doctors' names and phone numbers and the phone number of your dialysis clinic.

✔ **If you're diabetic**

Keep a week's supply of insulin, syringes, lancets, wipes, plus spare batteries and test strips for your glucose monitor. Have food on hand for low blood sugar.

Emergency supplies

Check every six months to replenish food, batteries or other perishables.

- Emergency diet food supply for three to five days – see checklist at right
- Paper or plastic plates, cups, bowls, eating utensils
- Non-electric can opener
- Aluminum foil
- Battery-operated radio
- Flashlight
- Extra batteries
- Candles and matches in waterproof container
- First aid kit
- Sharp knife and scissors
- Paper towels
- Baby or sanitary wipes
- Garbage bags
- Gallon jugs of distilled water (one gallon per person per day)
- Bleach and eyedropper to purify water (16 drops per gallon of water)
- Additional items of your choice for family comfort, pets or other needs

Emergency diet

If you can't dialyze, use the emergency diet for up to five days.

Only eat what is on this list. No cooking or refrigeration is needed. Limit fluids to 1 to 2 cups a day.

- 6 (8-ounce) boxes of rice milk
- 6 (4- to 6-ounce) cans/boxes of apple or cranberry juice
- 1 box Puffed Wheat, Puffed Rice or Shredded Wheat
- 3 Zone Perfect or Luna Protein bars
- 1 box crackers with unsalted tops
- 1 large bag unsalted tortilla chips
- 1 jar unsalted peanut butter
- 1 jar jam or jelly
- 1 box graham crackers
- 1 box vanilla wafers
- 12 (4-ounce) cans of snack pack pears, peaches, cherries, applesauce or pineapple
- 6 (8-ounce) bottles of water
- 12 single-serve mayonnaise packets – one should last an entire day.

Have your emergency food ready at all times and store it in a clean, dry place. Check each year, use up the food and replace it with a fresh supply to keep you fed and healthy.



Now is the time for flu vaccine

The flu can be especially dangerous for people on dialysis. Along with good hand hygiene, an immunization will help you avoid flu and its complications. We'll provide the immunization at an upcoming dialysis visit.

After the immediate crisis

Calls to make

Contact your dialysis clinic to find out if it's open and on schedule. Write the number here:

If you can't reach your clinic, call 206-292-3001 (Northwest Kidney Centers facility status recording) or go to www.nwkidney.org.

To schedule dialysis at another center, call 1-800-606-9174 (Northwest Kidney Centers emergency dialysis scheduling line).

Call your transportation provider about arrangements. Write that number here:

Listen and watch

Stay tuned to local radio and TV stations to monitor conditions. Check our website for updates about Northwest Kidney Centers.

If you can't get to dialysis

- Start your emergency diet right away (see page 2).
- Refer to the emergency diet brochure you got from your dietitian.
- Seek help to get to dialysis as soon as you can; you need dialysis to live.

If you go to an emergency shelter

Tell the shelter staff right away that you are a dialysis patient with special medical and diet needs.

If you leave home, take these with you

- Medication containers and medication list
-
-
-

- Phone numbers for your doctors
-
-

- Dialysis clinic contact information at left

- Information to reach friends and relatives, including those who live out of the area
-
-
-



Charles Forbes received dialysis at Northwest Kidney Centers Elliott Bay prior to his transplant in 2014. He is pictured here with his wife, Pamela.

Next Step?

Have you thought about your next step?

Free classes at Northwest Kidney Centers can help you decide whether home dialysis or transplant is right for you. A class schedule is at www.nwkidney.org/classes.



www.nwkidney.org
pr@nwkidney.org
206-292-2771



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Pharmacy: 206-343-4870 or 1-800-947-8902

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Our pharmacy can help

Our pharmacy can deliver prescriptions right to your clinic at no cost, so you can pick them up without any extra legwork. Our pharmacists also provide expert advice on any of your prescriptions.

Order by phone at 206-343-4870 (1-800-947-8902 toll-free) or online at www.nwkidney.org.



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Alan Yabui, who gets treatment at Northwest Kidney Centers Kirkland, cleans up at his Kirkland home.

Remember Dr. Semmelweiss – hand-washing saves lives



In the 1850s, Austrian doctor Ignaz Semmelweiss was first to theorize that hand-washing would lower mortality rates in a Vienna obstetrical clinic. Mortality rates fell dramatically after hand-washing became standard practice.

Follow his lead with these best practices:

- Use liquid antibacterial soap in the original container.
- Scrub for at least 30 seconds.
- Scrub fingers, around nails and between fingers.
- Dry thoroughly with paper towels.