Kidney Health Analytics and Responsive Emergency Support

BE PREPARED FOR AN EMERGENCY

Plan ahead. Stay safe. Be ready.

NATURAL DISASTERS
Floods, storms wildfires, heat



POWER OUTAGES
May affect dialysis machines



WATER PROBLEMS
May affect drinking water or centers



HEALTH EMERGENCIES
Infections, Extreme Heat, Poor air quality



MAKE YOUR EMERGENCY PLAN

- Ask your dialysis facility about its emergency plan, including what to do and where to go.
- Keep emergency contact numbers handy.
- Have a plan for dialysis, medications, transportation, evacuation routes, shelters, and staying in touch with family, caregivers, and your care team.

BUILD AN EMERGENCY KIT

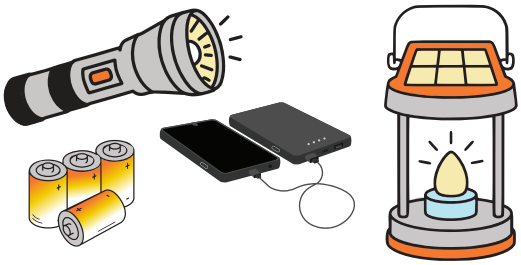
Have at least a 3–7 day supply, or longer if recommended by your care team.



Food & Liquids



Medication and Prescription details



Light & Power



Communication



Health & Safety



Important Documents



Personal Supplies

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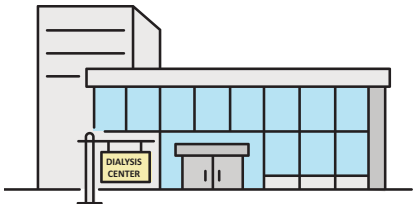
STAY INFORMED STAY CONNECTED STAY SAFE



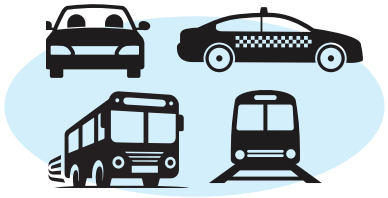
Check for updates and alerts



Stay in touch with family and your care team.

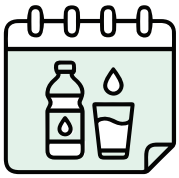


Know your backup center, routes and shelters



Know your transportation.

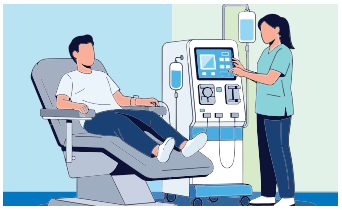
TIPS FOR STAYING SAFE



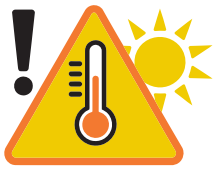
Follow your fluid limit.



Keep emergency diet.



Keep up with treatments and medications.



Avoid extreme heat.



Take your emergency kit.



Carry your medical ID.



Ask your transplant team for emergency guidance.

Prevent Cyber Attacks by Protecting Your Health Information

Keep your health information private. This helps protect your identity.

- Share your information only with people or organizations you trust, such as your care team, caregivers, guardians, or emergency responders.
- Review privacy notices from your doctor, dialysis center and health plans.
- Protect your passwords. Don't share them.
- Shred papers with your personal health information when you no longer need them.
- Keep backup copies of important records in more than one safe place, such as a printed folder, a secure digital file, or with a trusted family member or caregiver.

If you need help, call your dialysis center or provider right away.
For more information, visit www.ready.gov or www.kidney.org

Let others know you are safe.

Planning ahead can help you feel more in control. Together, we can keep you safe – no matter what happens.

References

National Kidney Foundation • Ready.gov Emergency Preparedness
Centers for Disease Control and Prevention (CDC) Emergency Preparedness
Federal Emergency Management Agency (FEMA) Preparedness Resources • American Society of Nephrology (ASN)

Kidney Health Analytics and Responsive Emergency Support
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Email: KHARES@ipro.org • Website: https://khares.ipro.org

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