

# Are You Ready?

## Health Services Advisory Group (HSAG): ESRD Network STEPS TO CONSIDER FOR DIALYSIS PATIENT AND FAMILY DISASTER PLANNING

### WHAT TO DO TO PREPARE

- **KNOW** your dialysis facility emergency policies and procedures.
- **KEEP** your emergency contact information up to date with your facility.
- **PROVIDE** any necessary out-of-state contact information to your dialysis facility in case you need to evacuate.
- **UNDERSTAND** the 3-Day Emergency Diet and review it frequently with your dietitian.
- Remember that your **DIALYSIS ACCESS (CATHETER, FISTULA, or GRAFT)** is for dialysis **ONLY**.
- **KEEP** a current list of your medications and allergies and make sure your facility has a copy.
- **PREPARE** a home disaster kit with emergency supplies and/or home dialysis supplies.
- **REMEMBER** to keep a two-week supply of medications on hand.
- **KEEP** important personal papers with you (e.g., insurance, identification).
- **HAVE** a back-up plan for transportation needs (e.g., evacuation).
- **REFER** to your local and/or state Emergency Preparedness guidelines and instructions.
- Be **PREPARED** year-round.

### KEY POINTS TO REMEMBER IF DISASTER STRIKES

- **EVACUATE** if directed to do so by your local authorities.
- If you must go to a local shelter, **ALERT** the shelter manager of your dialysis status and treatment schedule.
- **START** your 3-Day Emergency diet. Remember to **LIMIT** potassium intake (fruits and vegetables). **LIMIT** your fluids to half your normal fluid intake.
- **INFORM** your dialysis facility of your location. This will also allow you to learn your facility's open/close status and any further instructions.
- **DON'T ASSUME** that the local hospital can provide your dialysis treatment. Most hospitals will not be able to provide non-emergency chronic dialysis treatments during an emergency.

### WHERE TO GO

- Be **AWARE** of whether your dialysis unit could be destroyed or damaged.
- **KEEP** a list of dialysis facilities in your region or state.
- **KNOW** your evacuation plan, especially if you live in an evacuation zone and/or mobile home.
- **KNOW** the locations of local or regional shelters.
- **REACH OUT TO YOUR ESRD NETWORK** if you cannot reach your facility or dialysis company:  
<https://esrdncc.org/en/ESRD-network-map>.

### WHOM TO TALK TO

- **TALK** to your dialysis facility nurse manager, social worker, or administrator.
- **ASK** for the communication plan, especially for emergency situations when phones are not working.
- **ASK** whom to contact at your dialysis facility for your dialysis company's 1-800 number and for other helpful phone numbers.

### RESOURCES

- Preparing for Emergencies: A Guide for People on Dialysis: [www.hsag.com/esrdpreparingforemergencies](http://www.hsag.com/esrdpreparingforemergencies)
- Kidney Community Emergency Response (KCER) Coalition: [www.kcercoalition.com](http://www.kcercoalition.com)
- Medicare Care Compare website: <https://www.medicare.gov/care-compare>
- Dialysis Facility Compare website: [www.medicare.gov](http://www.medicare.gov)

To file a grievance about the care you are receiving at your dialysis or transplant facility, contact the Network:

Network 7: Florida  
T: 800.826.3773  
E: NW7info@hsag.com

Network 13: Arkansas,  
Louisiana, Oklahoma  
T: 800.472.8664  
E: NW13info@hsag.com

Network 15: Arizona,  
Colorado, Nevada, New  
Mexico, Utah, Wyoming  
T: 800.783.8818  
E: NW15info@hsag.com

Network 17: American Samoa,  
Guam, Hawaii, Northern California,  
Northern Mariana Islands  
T: 800.232.3773  
E: NW17info@hsag.com

Network 18: Southern California  
T: 800.637.4767  
E: NW18info@hsag.com

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