

Are You Ready?

Steps to Consider For Kidney Transplant Patient and Family Disaster Planning

WHAT TO DO TO PREPARE

- **KEEP** your emergency contact information up-to-date.
- **PROVIDE** any necessary out-of-state contact information to your transplant unit.
- **KEEP** a current list of your medications and allergies.
- **PREPARE** a home disaster kit with any emergency supplies.
- **PACK** your key items in a waterproof bag. Suggested key items: 8-ounce bottles of water; a hand-operated can opener; hand sanitizer; travel-sized toiletries; disposable wipes; toilet paper; sunscreen; a miniature flashlight; a mask; gloves; a thermometer; batteries; matches; and candles.
- **REMEMBER** to keep an extra two-week supply of medications on hand if possible in their original containers. If you need to evacuate original bottles will provide necessary information when you arrive at your destination.
- **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.
- Be **PREPARED** year-round.
- **STOCK** several days' worth of disposable eating utensils and canned/package rations of foods, such as peanut butter, saltines, tuna, and juices.
- **ASK** your transplant healthcare team about precautions, additional medications, and preparations that they recommend.

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 transplant status.
- If you are diabetic, remember to have your diabetic medications (e.g., insulin), supplies (e.g., syringes, alcohol wipes, glucose testing items), and food items as directed by your dietitian.
- **LET** the shelter management or emergency personnel know of your need to take medications regularly and on time, and that you've been directed to limit your exposure to infections. Sanitizers, gloves, and a mask can help.

WHERE TO GO

- A listing of transplant centers around the country is available from the United Network for Organ Sharing (UNOS) at 1-888-894-6361 (website: www.unos.org).
- **KNOW** your evacuation plan, especially if you live in an evacuation zone and/or mobile home.
- **KNOW** the locations of local or regional shelters.

WHOM TO CONTACT

- **TALK** to your transplant coordinator, nurse manager, social worker, or administrator.
- **ASK** for the communication plan, especially in the event that phones are not working.
- **ASK** whom to contact at your transplant unit in emergency situations.
- **KEEP** your transplant identification card with you for helpful phone numbers.

RESOURCES

- UNOS Patient Services: www.unos.org/donation/index.php?topic=patient_education
- National Kidney Foundation websites:
 - www.kidney.org/transplantation
 - www.kidney.org/atoz/pdf/DisasterBrochure.pdf
- For more information or to file a grievance, please contact:
 - HSAG: ESRD Network 13
 - 4200 Perimeter Center Drive, Ste. 102 Oklahoma City, OK 73112
 - ESRD Network 13 website: www.network13.org or 1-800-472-8664
 - Email: info@NW13.esrd.net

