

# Are You Ready?

## STEPS TO CONSIDER FOR DISASTER PLANNING

### WHAT TO DO

- **Be prepared** year-round
- Know your **dialysis unit** emergency **policies and procedures**
- Keep your emergency **contact information** up-to-date
- If possible, provide the unit with **out-of-state contact** numbers
- Know your **disaster diet** and review it annually with your renal dietitian
- Remember that your **vascular access** is to be used only for dialysis
- Keep a current **list of your medicines and allergies**
- Know what **emergency supplies** you will need on hand (such as medicines, food, home dialysis supplies, medical equipment) and who to contact for help in securing these items
- Keep **important personal papers** (insurance, identification, other) with you
- Refer to guidelines provided by your local **Emergency Management Department**
- Always have a back-up plan for **transportation**

### WHERE TO GO

- Be aware your **dialysis unit** could be **destroyed or damaged**
- Keep a **list of dialysis facilities** in your state or region
- Know your **evacuation plan**, especially if you live in an **evacuation zone or mobile home**
- Know the location of area **shelters**

### WHO TO CONTACT

- Know your facility's **communication plan**
- **Ask who** to contact
- Know the **back-up plan** if phone lines are down

### RESOURCES

- Preparing for Emergencies: A Guide for People on Dialysis (CMS)  
<http://www.medicare.gov/Publications/Pubs/pdf/10150.pdf>
- PD Travel "Tool Box" [www.annanurse.org](http://www.annanurse.org)
- FMQAI: The Florida ESRD Network [www.fmqai.com/ESRD/esrd.htm](http://www.fmqai.com/ESRD/esrd.htm)  
or 800-826-3773
- Dialysis Facility Compare [www.medicare.gov](http://www.medicare.gov)
- Florida Division of Emergency Management [www.floridadisaster.org](http://www.floridadisaster.org) or 800-342-3557



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