



After a disaster or emergency, **DIALYSIS MAY NOT BE AVAILABLE!** Are you prepared? It may save your life!

PLANNING FOR DISASTER



Preparing for a Disaster



- Keep a copy of the “**Emergency Preparedness Information for Hemodialysis Patients**” booklet with you. Ask dialysis staff for a copy if needed.



- Update the booklet information regularly.



- Tell dialysis staff of address or contact changes.



- Keep a list of your current medications with you.



- Keep at least 3 days of medication on hand.



- Make an **Emergency Pack**.

After a Disaster

- Stay at home. However, if you are hurt, go to a hospital.



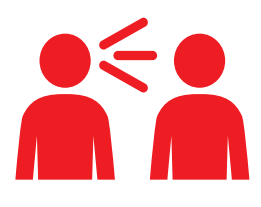
- Begin **Emergency Renal Diet**.



- Wait for instructions. Keep radio, TV and phone ON!



- If evacuated, tell them about your medical information and need for dialysis.



- Be prepared to have dialysis day or night.



- Be prepared to have dialysis at another dialysis unit.

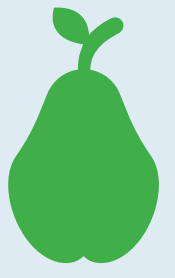


Emergency Renal Diet

For each day without dialysis, have no more than:



2 cups of fluids



3-4 servings of low potassium fruits such as apples, pears or canned fruits*



1 can (size of a deck of cards) of lower salt fish, poultry or meat, or 2-3 Tbsp peanut butter

Choose:

- Lower salt crackers, cookies, cereal, roti, bread, plain rice or noodles
- Jam, jelly, honey, or candies for extra calories
- For people with diabetes: Keep instant glucose tablets, jam, jelly, honey, candies or sugar on hand to treat low blood sugars.

Avoid:

- High potassium foods such as dried fruit, canned beans, potatoes, bananas and oranges
- Added salt, and salty foods/snacks

*One serving = one small piece of fruit, 1/2 cup canned fruit or 1/2 cup fruit juice.