

Information to Keep in a Handy Place

In some emergencies it may be impossible for you to get dialysis at your usual dialysis clinic.

Be Prepared!

- Make sure your dialysis clinic has your current address, phone number, and backup contacts.
- Prepare an emergency box with food, water, medications, and supplies.
- Write your doctor, dialysis clinic, and hospital phone numbers on the other side of this card.
- Wear a bracelet or pendant identifying yourself as a dialysis patient.
- For priority consideration in the event of a power outing, contact your local power company to notify them that you are a dialysis patient.
- Ask your social worker for the CMS booklet *Preparing for Emergencies: A Guide for People on Dialysis*, or download it at www.esrdnetwork6.org/Resources.htm

Disaster Tips

Until You Can Return to Your Regular Dialysis Schedule:

- Stay at home unless you are hurt.
- Start your 3-day Emergency Diet Plan from *Preparing for Emergencies: A Guide for People on Dialysis*.
- Protect your dialysis access.
- Wait for instructions from your dialysis clinic.
- If you live alone, ask a neighbor, friend, or family member to check on you regularly.
- Tune in to official radio or television emergency broadcast channels.
Channel_____

Important Phone Numbers:

Doctor_____

Clinic_____

Hospital_____

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