

EMERGENCY PREPARATION:

A Guide for Kidney Patients



Dialysis Clinic, Inc.

A Non-Profit Corporation



Dialysis Clinic, Inc.
A Non-Profit Corporation

For immediate emergency services (Ambulance, Police, Fire) dial **911**

DCI's Emergency Command Center: 1 (866) 424-1990

INTRODUCTION:

Emergencies caused by severe weather or disasters can happen with or without warning. If you need dialysis, having power and water, transportation or supplies may be very important. Some emergency situations may make it impossible for you to get to your dialysis facility. It is important to be prepared so you can feel better and stay healthy.

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TYPES OF SEVERE WEATHER OR DISASTERS

Severe Storms and Tornadoes

In the case of a tornado or severe thunderstorms, take these steps to ensure your safety:

- Turn on the radio or TV to get the latest emergency information from local authorities.
- Listen for announcements of a tornado watch or tornado warning.
 1. A watch is issued when weather conditions favor the formation of tornadoes.
 2. A warning is issued when a tornado funnel is sighted or indicated by weather radar.
- Keep fresh batteries and a battery-powered radio or TV on hand. Electricity is often intermittent in thunderstorms, just when you need information the most.
- Move everything away from the windows.
- Any large unsecured items need to be laid down or placed on the floor.
- Move away from windows and glass doorways.
- Go to the innermost part of the building on the lowest possible floor.
- Protect your head and make yourself as small a target as possible by crouching down.

Floods

Floods can be caused over a long period of rain or occur suddenly with a downpour upon severely dry land. If a flood is imminent, stay updated on weather alerts, and take these steps:

- Turn off all utilities at the main power switch and close the main gas valve if evacuation is necessary.
- If you have a fuel tank, you will want to see that it is anchored.
- Fill sanitized containers with clean water in case you may have to evacuate.
- If possible, store all critical records at least 24" off the floor and all together and easily accessible so that if you have to evacuate, you will be able to grab and go.

Winter Weather (Snow and Ice)

Take these steps to ensure the safety and comfort of your home and family:

- Keep floors dry at entryways to prevent slips and falls.
- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.
- Have a portable space heater in case the power goes out.
- Keep heat sources at least three feet away from furniture and drapes.
- You should know what winter storm warning terms mean:
 1. Winter Weather Advisory - Expect winter weather conditions to cause inconvenience and hazards.
 2. Frost/Freeze Warning - Expect below-freezing temperatures.
 3. Winter Storm Watch - Be alert; a storm is likely.
 4. Winter Storm Warning - Take action; the storm is in or entering the area.

Earthquakes

While an earthquake is happening, lights may be out and hallways, stairs, and room exits may be blocked by fallen furniture, ceiling tiles and other debris. Keep these steps in mind to ensure your safety:

- Take cover. If you are able, get under a heavy desk or table. It will provide air space if the building collapses. Inner walls or door frames are the least likely to collapse and may also shield against falling objects. You may want to find and prepare a "Safe Zone" in your home where you and your family can go to if an earthquake does occur.
- Direct everyone to stay away from swinging doors or furniture that could fall.
- Grab something to shield their heads and faces from falling debris and broken glass.

If the lights go out, use a battery-operated flashlight. Do not use candles, matches, or lighters during or after the earthquake. If there is a gas leak, an explosion could result.

TYPES OF SEVERE WEATHER OR DISASTERS

Wildfires

Here are some steps that can be taken to protect yourself and your home from wildfires:

- Remove leaves and rubbish from under structures.
- Ensure that the power company has cleared any branches from power lines.
- Remove any vines from the exterior walls of your home.
- Clean your roof and gutters regularly.
- Make sure your smoke alarm is working. Test it monthly and change the batteries at least once a year.
- If a wildfire is in the area, turn on all lights in your house to increase visibility due to increasing smoke.
- Shut off the gas.
- Be sure that there is adequate accessibility for large fire vehicles to your property.
- If advised by local authorities to evacuate, do so immediately.

HELPFUL TIPS IN AN EMERGENCY

1. Plan ahead. Have emergency supplies and extra supplies of your medicines and diet needs on hand (see page 7).
2. Stay at home unless you are hurt, as long as it is safe to do so. Instructions for dialysis patients may be available on TV, radio, or by phone or messenger. Depending on the nature of the emergency, you might want to call your dialysis facility or doctor, because he or she might be able to help you manage this emergency.
3. Take a fanny pack or backpack stocked with emergency supplies, food, and medication with you if you will be away from home when severe weather or a natural disaster is predicted.
4. If you are an in-center hemodialysis patient and you are unable to get to your dialysis unit, contact police or Emergency Medical Services (EMS) to advise them of your need for assistance.
5. Start your emergency diet (see page 11) only if the emergency situation could delay your next regular dialysis treatment or treatments.
6. If you have to go to a shelter, tell the person in charge about your special needs as a kidney patient.
7. If you need medical treatment, make sure your dialysis access is not used for anything other than your dialysis treatment. No one should use your access to give you fluid or medication.

STEPS TO PREPARE FOR AN EMERGENCY

Step 1: Gather and Carry Important Medical Information

If you must go to a different dialysis center or hospital for treatment during an emergency or travel, or if you need emergency health care, the medical staff needs to know your medical status so you can get the right treatment. When your kidneys don't work, your body processes medicines differently. You must also reduce your fluid intake. Keeping medical staff aware of your medical status helps protect you from getting treatment that could be harmful to you. Keep your medical information with you at all times. You may also want to give a copy to a caregiver or family member.

To help you keep this important information handy, fill out the information in the patient ID wallet card from KCER (see page 17).

Step 2: Make Alternative Arrangements For Your Treatment

- Ask your facility how to find out about alternative arrangements for treatment.
- Make sure your dialysis center has your current address and phone number in case they need to contact you.
- Make arrangement for backup transportation to your dialysis facility.
- Contact your water and power company ahead of time to register for special priority to restore your lost services. Keep their phone numbers up-to-date and easy to find.

Step 3: Prepare an Emergency Stock of Food, Medicines and Supplies

Keep your emergency supplies together. You may want to designate a box or some shelves for your emergency supply. Check and restock every six months.

Emergency Supply List:

- Plastic knives, spoons, forks
- Napkins
- Paper towels
- Paper plates
- Plastic or Styrofoam bowls
- Plastic cups
- Sharp knife
- Measuring cups, teaspoons and tablespoons, dropper
- Can opener (manual)
- Candles
- Matches
- Flashlight and batteries
- Scissors
- Garbage bags
- Plastic jug for storing water
- 1 small bottle of household chlorine bleach
- A piece of cloth, cheese cloth or handkerchief
- Strainer
- Extra pair of eye glasses
- Radio and batteries
- Baby wipes

Emergency Medication/Medical Supply List

- First Aid Kit
- 5-7 day supply of all your medicines
- 5-day supply of antibiotics
- Diuretics, Sorbitol & medication for potassium control (if recommended by your doctor)

If you are diabetic:

- 5-7 day supply of syringes
- 5-7 day supply of insulin (Keep cool but do not freeze. Best kept refrigerated, but will keep at room temperature for up to one month).
- 5-7 day supply of glucose monitoring supplies like lancets and alcohol wipes.
- If you use a glucose meter, have spare batteries and test strips.

If you have heart disease:

- 5-7 day supply of all blood pressure, heart, or anti-clotting medications.

Step 4: Know what diet to follow if your dialysis must be delayed.

Emergency Meal Planning:

This meal plan is for you to use during an emergency or natural disaster when you may have to miss dialysis. It is important to follow a limited diet if dialysis has to be missed. This diet is more restricted than your usual diet. The restricted plan is needed to control the buildup of things like potassium, phosphorous and fluid, which can be life threatening if you miss several dialysis treatments due to the emergency.

Remember: DO NOT exceed 2 cups (or 16 ozs.) of fluid per day.

Note: This diet is not a substitute for dialysis or your renal diet; it is only intended to be followed for three (3) days or fewer in an emergency situation.

THREE-DAY EMERGENCY GROCERY LIST

ITEM	AMOUNT (PER PERSON)
Bread/Cereal (Use 6-8 servings per day)	
White Bread	1 loaf
Dry cereal, unsalted, unsweetened puffed wheat or rice, shredded wheat	6 single-serve containers or 1 box
Vanilla wafers or graham crackers or unsalted crackers	1 box
Unsweetened Fruits/Juices (limit to 2-4 servings per day)	
Canned or sealed plastic container: applesauce, pears, peaches, pineapple, mandarin oranges, fruit cocktail	12 single-serve containers
Apple or cranberry juice	12 boxes or pouches
Sugar-free powdered drink mix (fruit-flavored, fruit punch or lemonade)	1 canister or 2 packages
Sugar-free lemon-lime or ginger ale soda	6 cans
Fish/Meat (limit to 3 oz. per day; low sodium)	
Tuna, salmon, meat, turkey, chicken	6 small cans
peanut butter, unsalted	1 jar
Milk (limit to ½ cup per day)	
Evaporated Milk	3 Small Cans
Dry Solids	2 packages
Artificial Sweetener	1 box of packets
Sweets (use only to treat low blood sugar)	
Sour balls, hard candies	1 bag
Corn Syrup	1 bottle
White Sugar	1 small bag
Jelly	1 jar
Sugared lemon-lime or ginger ale soda (limit use of soda to avoid fluid overload)	3 12-ounce cans

Three-Day Emergency Grocery List continued on next page.

THREE-DAY EMERGENCY GROCERY LIST

ITEM	AMOUNT (PER PERSON)
Fats (use 6 or more servings per day)	
Salad or cooking oil	1 bottle
Mayonnaise (perishable after opening)	Individual packets or 3 small jars
Margarine	1 pound
Other	
Distilled Water	5 one-gallon jugs

List of High Potassium Foods to avoid:

- Milk
- Orange Juice
- Orange
- Apricots (fresh and dried)
- Avocado
- Red and Green Chile
- Banana
- Cantaloupe
- Watermelon
- Kiwi
- Mango
- Nectarines
- Peaches
- Papaya
- Raisins
- Beans
- Beets
- Cucumbers
- Mushrooms
- Okra
- Nuts
- Peanut Butter
- Pumpkin
- Spinach
- Squash
- Potatoes (including French fries)
- Tomatoes and Tomato Sauce
- Artichoke
- Chocolate

List of High Phosphorus Food to avoid:

- Milk
- Cheese
- Ice Cream
- Yogurt
- Beans
- Pizza
- Dark Cola (Regular and Diet)
- Nuts
- Peanut Butter
- Chocolate
- Beer
- Pancakes
- Waffles
- Biscuits
- Bran Cereal
- Hot Dogs
- Sausage

Note: Some foods high in potassium or phosphorus, such as milk and peanut butter, are included in the Emergency Diet (page 11-13) in small amounts. Please pay attention to the serving sizes specified in each meal.

THE 3-DAY EMERGENCY DIET

** Ask your renal dietitian if you have questions about the emergency diet.
DO NOT substitute any foods on this diet without talking to your dietitian first. **

DAY ONE:	
Breakfast	
<ul style="list-style-type: none"> • ½ cup milk prepared from dry milk and mix ½ cup distilled water from sealed container or mix ¼ cup evaporated milk with ¼ cup distilled water. 	
<ul style="list-style-type: none"> • 1 single serving of cereal (½ - ¾ cup from box. No Raisin Bran) 	
<ul style="list-style-type: none"> • 2 tsp. artificial sweetener (optional) 	<ul style="list-style-type: none"> • ½ cup pineapple (single serving)
Morning Snack	
<ul style="list-style-type: none"> • 1 Tablespoon margarine spread on crackers 	<ul style="list-style-type: none"> • 6 unsalted crackers
Lunch	
<ul style="list-style-type: none"> • 1 Tablespoon margarine or mayonnaise (individual packet or open new jar daily) 	<ul style="list-style-type: none"> • 2 slices of white bread
<ul style="list-style-type: none"> • ¼ cup low-sodium tuna (open new can daily) 	<ul style="list-style-type: none"> • ½ cup sugar-free beverage
<ul style="list-style-type: none"> • ½ cup pears in unsweetened juice (single serving) 	
Afternoon Snack	
<ul style="list-style-type: none"> • 5 vanilla wafers 	
Dinner	
<ul style="list-style-type: none"> • 2 slices of white bread 	<ul style="list-style-type: none"> • ½ cup unsweetened apple juice (from box or pouch)
<ul style="list-style-type: none"> • ½ cup (2 oz.) low sodium chicken (open new can daily) 	<ul style="list-style-type: none"> • ½ cup peaches in unsweetened juice (single serving)
<ul style="list-style-type: none"> • 2 Tbsp. mayonnaise or margarine (individual packets or open new jar daily) 	
Evening Snack	
<ul style="list-style-type: none"> • 3 graham cracker squares 	

THE 3-DAY EMERGENCY DIET

** Ask your renal dietitian if you have questions about the emergency diet.
DO NOT substitute any foods on this diet without talking to your dietitian first. **

DAY TWO:	
Breakfast	
<ul style="list-style-type: none"> • ½ cup milk prepared from dry milk and mix ½ cup distilled water from sealed container or mix ¼ cup evaporated milk with ¼ cup distilled water. 	
<ul style="list-style-type: none"> • 1 single serving of cereal (½ - ¾ cup from box. No Raisin Bran) 	
<ul style="list-style-type: none"> • ½ cup of unsweetened applesauce (single serving) 	<ul style="list-style-type: none"> • 2 tsp. artificial sweetener (optional)
Morning Snack	
<ul style="list-style-type: none"> • 5 vanilla wafers 	
Lunch	
<ul style="list-style-type: none"> • 2 slices white bread 	<ul style="list-style-type: none"> • 2 Tbs. low-sodium peanut butter
<ul style="list-style-type: none"> • ½ cup mandarin oranges in unsweetened juice (single serving) 	<ul style="list-style-type: none"> • ½ cup sugar-free beverage or soda
Afternoon Snack	
<ul style="list-style-type: none"> • 1 Tbs. margarine spread on crackers 	<ul style="list-style-type: none"> • 6 salted crackers
Dinner	
<ul style="list-style-type: none"> • 2 slices of white bread 	<ul style="list-style-type: none"> • ½ cup (2 oz.) low sodium chicken (open new can daily)
<ul style="list-style-type: none"> • 2 Tbs. margarine or mayonnaise (individual packets or open new jar daily) 	<ul style="list-style-type: none"> • ½ cup unsweetened apple juice (from box or pouch)
<ul style="list-style-type: none"> • ½ cup pineapple packed in unsweetened juice (single serving) 	
Evening Snack	
<ul style="list-style-type: none"> • 3 graham cracker squares 	

THE 3-DAY EMERGENCY DIET

** Ask your renal dietitian if you have questions about the emergency diet.
DO NOT substitute any foods on this diet without talking to your dietitian first. **

DAY THREE:	
Breakfast	
<ul style="list-style-type: none"> • ½ cup milk prepared from dry milk and mix ½ cup distilled water from sealed container or mix ¼ cup evaporated milk with ¼ cup distilled water. 	
<ul style="list-style-type: none"> • 1 single serving of cereal (½ - ¾ cup from box. No Raisin Bran) 	
<ul style="list-style-type: none"> • ½ cup of pears packed in unsweetened juice (single serving) 	<ul style="list-style-type: none"> • 2 tsp. artificial sweetener (optional)
Morning Snack	
<ul style="list-style-type: none"> • 1 Tbs. margarine spread on crackers 	<ul style="list-style-type: none"> • 6 salted crackers
Lunch	
<ul style="list-style-type: none"> • 1 Tbs. margarine or mayonnaise (individual packet or open new jar daily) 	
<ul style="list-style-type: none"> • 2 slices white bread 	<ul style="list-style-type: none"> • ¼ cup (2 oz.) low-sodium turkey (open new can daily)
<ul style="list-style-type: none"> • ½ cup sugar-free drink or soda 	<ul style="list-style-type: none"> • ½ cup peaches in unsweetened juice (single serving)
Afternoon Snack	
<ul style="list-style-type: none"> • 5 vanilla wafers 	
Dinner	
<ul style="list-style-type: none"> • 2 slices of white bread 	<ul style="list-style-type: none"> • ½ cup (2 oz.) low-sodium chicken (open new can daily)
<ul style="list-style-type: none"> • 2 Tbs. margarine or mayonnaise (individual packets or open new jar daily) 	<ul style="list-style-type: none"> • ½ cup fruit cocktail (single serving)
<ul style="list-style-type: none"> • ½ cup cranberry juice (from box or pouch) 	
Evening Snack	
<ul style="list-style-type: none"> • 3 graham cracker squares 	

THE 3-DAY EMERGENCY DIET

Note:

- Continue to monitor blood sugar.
- Follow your protocol for insulin reactions and be sure to keep enough supplies on hand. Best choices for treating low sugars are fluid-free items such as sugar, corn syrup, hard candy, instant glucose, and glucose tablets. Sugared soda and low-potassium juices may also be used, but must be counted as part of your 2-cups of 16 ounce daily limit.
- Meals can be stored and prepared with little or no refrigeration. If your refrigerator is still working, use fresh milk, meat and poultry in the amounts listed in the diet. Your food may stay fresh for a few days if your refrigerator is not working if you limit the times you open its door. Use the fresh food first, before you start to use the canned food.

You should make every attempt to get dialysis within three days. If it takes longer, be sure to continue the 3-Day Emergency Diet Plan until you can get your dialysis treatment.

Tips:

1. It is very important that you eat, but select food wisely and limit fluid intake.
2. Limit protein to one half your current intake. For example, if you eat two eggs for breakfast, decrease to one.
3. Keep five gallons of distilled water on hand.
4. Restrict fluid intake to two cups per day (remember to count all fluids: water, milk, juice, pop)
5. Limit milk to ½ cup per day. Use dry milk solids, evaporated milk, powdered non-dairy creamer mixed with water, if necessary, to equal ½ cup.
6. Use salt-free foods.
7. Avoid all foods with high potassium content. Select only low potassium fruits and vegetables. Remember that large portions of low potassium foods can turn into a high potassium food.
8. Do not add salt to any foods.
9. In case there is no electricity, have ready-to-eat foods on hand. Remember that canned foods are high in sodium. Try to choose low sodium choices.

How To Disinfect Water

Keep distilled or bottled water on hand for drinking. If you run out of stored water, you may disinfect available water for drinking, brushing your teeth, or for other uses.

1. Strain water through a clean cloth or handkerchief to remove any sediment, floating matter or glass.
2. Use 5.25% sodium hypochlorite solution (household chlorine bleach). Do not use bleach that has active ingredients other than hypochlorite.

If the water is clear, use:

Water	Bleach
One quart	2 drops
One gallon	8 drops
5 gallons	1/2 teaspoon

If the water is cloudy, use:

Water	Bleach
One quart	4 drops
One gallon	16 drops
5 gallons	1 teaspoon

Mix the water and bleach together thoroughly by stirring or shaking them in a container. Let the mix stand for 30 minutes before using it. The water should have a slight chlorine odor. If it does not, add the same amount of bleach again, mix thoroughly, and let it stand for an additional 15 minutes before using it.

Note: You may also purify water with rapid boiling for 10 minutes.

Do not use water from a swimming pool or spa because of the chemicals used to treat the water.

IMPORTANCE OF MEDICAL ID JEWELRY

Perhaps your doctor, nurse or pharmacist advised you to obtain and always wear a medical ID. Why is this important?

- In an emergency, when you might not be able to speak for yourself, a medical ID bracelet or necklace speaks for you.
- Symptoms of common ailments can easily be misdiagnosed. Prompt diagnosis is critical to effective treatment. A brief description of vital medical facts engraved on your medical ID ensures appropriate and timely medical care.
- Half of all medical errors occur because of mistakes made upon admission or discharge from the hospital. Wearing a medical ID protects against potentially harmful medical errors.
- More than 95 percent of emergency responders look for a medical ID.

NOTE: A necklace might be missed if it gets tangled in your clothes. A bracelet is easy to see, but don't wear one on the same side as your dialysis access. It could block blood flow if it is pulled up the arm.

To get a Medical ID

- National Kidney Foundation:
1 (855) NKF-CARES (653-2273)
www.kidney.org
- American Medical ID:
1 (800) 363-5985
www.americanmedical-id.com
- MedicAlert Foundation:
1 (800) ID-ALERT (432-5378)
www.medicalert.org
- MED ID: (318) 397-8441
www.medids.com
- Bodyguard ID Tags: 1 (800) 383-7790
www.bodyguardidtags.com
- Your local pharmacy.

MEDICAL INFORMATION CARD

In addition to medical ID jewelry, a medical information card is very beneficial, as it contains important information about your health. It is important to carry this information card in your wallet. See the KCER fillable ID card on page 17.



Kidney Community
Emergency Response



This is a fillable PDF form. Enter information first.

When completed, print at 100% size

cut along the solid lines (crop marks) and fold in half twice.

Cut here

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Cut here

Cut here

This top
left panel
should be
facing out

I AM ON DIALYSIS.

VITAL INFORMATION

NAME

Network: _____ Toll-Free #: _____

Kidney Community Emergency Response
(KCER) Program
www.kcercoalition.com

PERSONAL INFORMATION

Address: _____

Home Phone: _____

Cell Phone: _____

Emergency Contact: _____

Relationship: _____

Emergency Contact Phone: _____

Nephrologist: _____

Nephrologist Phone: _____

DIALYSIS PRESCRIPTION

Medication _____ Dose _____ Frequency _____

_____ Hours _____ Times per week

Dialyzer: _____

Dialysate: _____

Medicare #: _____

Medicaid #: _____

Other Insurance ID: _____

FACILITY

Diagnosis: _____

Allergies: _____

Name: _____

Phone: _____

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IMPORTANT RESOURCES

For immediate emergency services (Ambulance, Police, Fire) dial **911**

DCI's Emergency Command Center: 1 (866) 424-1990

Help Getting Dialysis in an Emergency

- The National Forum of End Stage Renal Disease (ESRD) Networks: (715) 354-3735; www.esrdnetworks.org/resources/disaster-planning
- Nephron Information Center: www.dialysisunits.com

Planning for an Emergency: Brochures, Checklists and Other Publications

- American Association of Kidney Patients (AAKP): (800) 749-2257, www.aakp.org
 - Emergency Guide
 - Patient Emergency Information sheet
- Centers for Medicare and Medicaid Services (CMS): (800) 633-4227, www.medicare.gov
 - Preparing for Emergencies: A Guide for People on Dialysis, Publication# CMS 10150 (available in Spanish)
- FEMA: (800) 621-FEMA (3362), (800) 462-7585 (TTY); www.fema.gov
 - Family Emergency Communication Plan
- National Kidney Foundation (NKF): (800) 622-9010, www.kidney.org
 - Planning for Emergencies: A Guide for People With Chronic Kidney Disease
 - Planning for Emergencies: A Guide for Dialysis Facilities
 - Fact Sheets: Emergency Meal Planning, Emergency Meal Planning for Diabetics
- The Nephron Information Center: www.dialysisunits.com
 - Meal plan for disasters and emergencies

IMPORTANT RESOURCES

Helpful Organizations in an Emergency

- American Red Cross: (202) 303-4498; www.redcross.org
- Federal Emergency Management Agency (FEMA): (800) 621-FEMA (3362), (800) 462-7585 (TTY); www.fema.gov
- Food and Drug Administration (FDA) U.S. hurricane site: (888) INFO-FDA (463-6332); www.fda.gov/newsevents/publichealthfocus/ucm317232.htm
- Kidney Community Emergency Response (KCER): <https://www.kcercoalition.com/>
- National Hurricane Center: www.nhc.noaa.gov
- National Weather Service: www.weather.gov
- U.S. Department of Housing and Urban Development: (202) 708-1112, (202) 708-1455 (TTY); www.hud.gov/katrina/index.cfm

Emergency Grant Information

- National Kidney Foundation: (800) 622-9010, (212) 889-2210; www.kidney.org
- American Kidney Fund: (800) 638-8299, (301) 881-3352, (866) 300-2900 (Español); www.akfinc.org
- AAKP: (800) 749-2257, (813) 636-8100; www.aakp.org
- American Red Cross: (202) 303-4498; www.redcross.org
- FEMA: (800) 621-FEMA (3362), (800) 462-7585 (TTY); www.fema.gov

Kidney Disease Organizations

- NKF: (800) 622-9010, (212) 889-2210; www.kidney.org
- AAKP: (800) 749-2257, (813) 636-8100; www.aakp.org
- American Kidney Fund: (800) 638-8299, (301) 881-3352; www.akfinc.org
- The National Forum of ESRD Networks: (715) 354-3735; www.esrdnetworks.org

IMPORTANT RESOURCES

Mental Health Resources

- American Academy of Child and Adolescent Psychiatry: (202) 966-7300; www.aacap.org
- Anxiety and Depression Association of America: (240) 485-1001; www.adaa.org
- Centers for Disease Control and Prevention (CDC): (800) CDC- INFO, (888) 232-6348 (TTY); www.bt.cdc.gov/mentalhealth
- Substance Abuse and Mental Health Services Administration (SAMHSA) (800) 985-5590; <http://disasterdistress.samhsa.gov>
- Depression and Bipolar Support Alliance: (800) 826-3632; www.dbsalliance.org
- GriefNet.org: www.griefnet.org
- National Association of the Mentally Ill: (800) 950-NAMI (6264); www.nami.org
- National Institutes of Mental Health: (866) 615-6464; www.nimh.nih.gov
- Mental Health America: (800) 969-6642; www.mentalhealthamerica.net
- Post-Traumatic Stress Disorder Alliance: www.ptsdalliance.org
- Stress Anxiety and Depression Resource Center: www.stress-anxiety-depression.org
- U.S. Department of Veterans' Affairs - National Center for Post-Traumatic Stress Disorder: www.ptsd.gov

SOURCES

"Preparing for Emergencies: A Guide for People on Dialysis" - The Centers for Medicare and Medicaid Services - June 2017

"Planning for Emergencies: A Guide for People With Chronic Kidney Disease" - National Kidney Foundation - www.kidney.org - 2013

Patient Identification Cards - Kidney Community Emergency Response (KCER) - <https://www.kcercoalition.com/en/patients/patient-identification-cards/>

LOCAL RESOURCES

ESRD Network: _____

DCI Clinic name: _____

Clinic Phone Number: _____

Clinic Address: _____

Back Up Clinic: _____

Back Up Clinic Phone Number: _____

Back Up Clinic Address: _____

Other Resources: _____

Other Resources: _____

Other Resources: _____

Other Resources: _____



www.dciinc.org