












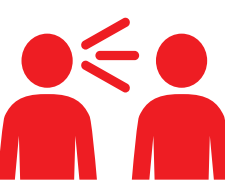


After a disaster or emergency, DIALYSIS MAY NOT BE AVAILABLE! Are you prepared? It may save your life!

PLANNING FOR DISASTER

Preparing for a Disaster


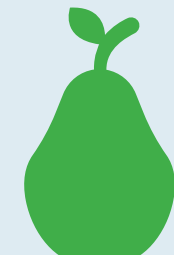

-  • Keep a copy of the “**Emergency Preparedness Information for Hemodialysis Patients**” booklet with you. Ask dialysis staff for a copy if needed.
-  • Update the booklet information regularly.
-  • Tell dialysis staff of address or contact changes.
-  • Keep a list of your current medications with you.
-  **3** • 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.