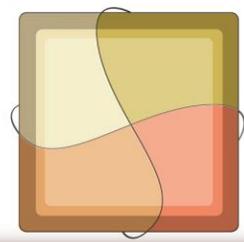


FEBRUARY



Plan Ahead for Emergencies

Be ready!

How can I increase my engagement this month? A good start is by using the checklist below:

- Call 211** - Sign up with the State of Texas Emergency Assistance Registry.
- Learn about the Texas ESRD Emergency Coalition (TEEC).** Visit the TEEC website at <http://texasteec.org/> for information on emergency preparedness.
- Ask your Care Team (Nephrologist, Nurse, Social Worker, or Dietitian) for a READY packet.** The Texas ESRD Emergency Coalition (TEEC) has forms for key phone numbers, the 3-day diet, and more. They may also have a large waterproof bag for your safety kit.
- Know where to call.** Make a list of names and toll-free phone numbers for your dialysis facility, transplant center, Nephrologist, and the TEEC (1-866-407-3773).
- Know your medicines.** Make a complete list of every medicine you take, every pharmacy you use, and any allergies you have. Update your list at least once every six months and put a copy on your refrigerator and in your safety kit.
- Keep vital papers safe.** Use your READY packet and a large waterproof bag to store copies of your driver's license, medicine list, phone numbers, and other important papers.
- Ask your facility staff what THEY will do to care for you in an emergency.** Find out what you can do to help them prepare.
- Write out a plan.** Include where to go, what to do, and whom to contact. Keep available cash and/or a credit card with a zero balance in case you can't get to a bank.
- Make a safety kit.**
 - Gather non-perishable food for the 3-day diet and pack enough food for several weeks, if possible.
 - Keep a backpack or bin with flashlights, a battery-operated weather radio, extra batteries, blanket, change of clothes, matches, and other supplies by the exit door of your home.
- Use a surge protector if you have a home dialysis machine.**
- Practice!** Take part in emergency drills at your facility and at home with your loved ones.

Why should I increase my engagement by planning ahead for emergencies?

- You won't panic if a natural or man-made disaster happens. Preparing *BEFORE* an emergency will help you FEEL safer and BE safer.
- It will be EASIER and FASTER to evacuate if your safety kit, READY packet, and low phosphorus/low potassium food supply are packed and ready to go.

Did you know?

- ❖ 2018 will be the 13th anniversary of Hurricane Katrina making land fall in Louisiana and Hurricane Rita in Texas.
- ❖ The Texas ESRD Emergency Coalition (TEEC) was created because of Hurricanes Katrina and Rita.
- ❖ The TEEC website (texasteec.org) has emergency disaster resources that can help you.

This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4099 McEwen Rd, Suite 800, Dallas, TX 75244, or www.esrdnetwork.org

