

Are You Prepared? Get Your Go-Bag Ready Now!



Hurricane, earthquake, flooding, fire, or even a pandemic like Coronavirus 2019 (COVID-19) can strike at any time. Take steps now to prepare yourself if disaster hits your home!

Water and Food

- Emergency 3-Day Diet (see reverse)
- Bottled water, cranberry, or apple juice
- Non-perishable foods, canned:
 - Carrots, green beans, peas, corn, yellow squash
 - Unsalted peanut butter
 - Vanilla wafers
 - Applesauce
 - Fruit cup, drained
 - Low-sodium or no-salt added tuna, crab, chicken, salmon, or turkey

Health Documents

- Picture ID
- List of medications
- Treatment prescription details
- Insurance/Medicare card
- Copy of monthly lab results
- Contact list of healthcare members/facility staff
- Personal emergency contacts

Emergency Tools

- Face coverings
- Disinfectant wipes
- Flashlight
- Manual can-opener
- Spare glasses
- Battery-powered radio
- Cell-phone
- Cell-phone charger
- Warm blanket
- Hand sanitizer
- Whistle
- Note pad and pencil
- Disposable gloves
- Medications (allergy)

Clothes and Toiletries

- Change of clothes appropriate for your climate
- Sturdy shoes
- Towel
- Toilet paper
- Toothbrush/toothpaste
- Feminine personal hygiene supplies
- Sunscreen

The best time to prepare for a disaster or emergency is now. **Make a plan** today for when you and your family may be faced with this situation. One way that kidney patients can prepare is to create an “Emergency Go-Bag.” A Go-Bag should include some key life-saving items. This handout can help you get started on creating your Go-Bag. You never know when a disaster is going to strike!

Patient Assistance Hotlines

KCER 866.901.3773

ARA: 888.880.6867 DaVita: 800.400.8331 DCI: 866.424.1990 Fresenius: 800.626.1297 US Renal Care: 866.671.8772

For patient information on COVID-19, visit www.kidneycovidinfocenter.com.

Dialysis Emergency Diet Plan

In the event of an emergency, you may not be able to get dialysis treatment. This will cause extra water and waste in your body to build up and cause health problems. You need to follow a special diet to limit the buildup of water, wastes, and potassium when you can't get your treatments.

If you are on home hemodialysis or peritoneal dialysis—and can't do your treatments, this sample diet may apply to you, too.



Breakfast | *Cereal and fruit*

- ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water, from sealed containers
- 1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts.)
- 1 tbsp. sugar, optional
- ½ can (2 ounces) fruit, drained



Lunch | *Peanut or almond butter and jelly sandwich*

- 2 slices of white bread
- 2 tbsp. unsalted peanut or almond butter
- 2 tbsp. jelly or sugar-free jelly
- ½ cup canned fruit, drained
- ½ cup (4 ounces) juice



Dinner | *Chicken sandwich*

- 2 slices of white bread
- ½ can (2 ounces) chicken with 2 tbsp. mayonnaise (Note: These items may spoil without refrigeration.)
- ½ cup vegetables, drained
- ½ cup cranberry juice



Morning Snack

- 5 vanilla wafers or 1 ½ squares graham crackers
- 10 hard candy or sourballs (include sugar-free options if diabetic)



Afternoon Snack

- ½ cup applesauce
- 10 jelly beans (include sugar-free options if diabetic)



Drink no more than
4 ounces of water
with your
medicine.

In an emergency or disaster situation, you should do everything you can to get your regular dialysis treatment. Following a 3-Day Emergency Diet Plan until you can get treatment could prevent illness or even death.

For a complete 3-Day Emergency Diet Plan, visit www.kcercoalition.com/3daykidneydiet.



**Kidney Community
Emergency Response**

This material was prepared by the Kidney Community Emergency Response (KCER) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. CMS Contract #: HHSM-500-2006-00007C Pub. No.: FL-KCER-7K5T2B-07312020-01