



# KCER Watch

Safety and Health Topics: Emergency Preparedness Bulletin

January 2017

## In this Issue

### Hot Topics

- [How to Locate Family and Friends Following an Emergency](#)
- [Tips on Taking Care of Someone with the Flu](#)
- [Staying Safe with Space Heaters](#)

### Education/Communication

- [Get Involved: Join the National KCER Patient and Family Engagement Learning and Action Network](#)
- ['Hold on Tight!' Freezing Rain is in the Forecast](#)
- [Protect Yourself from Frostbite](#)

## Hot Topics

### How to Locate Family and Friends Following an Emergency

What is your first thought when you hear about a disaster? “Are my loved ones safe?” Are my friends okay?” But how do you find out? Research shows that most people turn to social media to help find friends and family during an emergency, which may be the best thing to do. The social media outlets are very proactive in helping in times of crisis. After a shooting at the Ft. Lauderdale International Airport, Facebook turned on its “Safety Check” feature. Safety Check allowed users to search for updates from friends in the affected area. Google has a similar feature, Google Person Finder.



Learn more about how social media can help you find friends and family in the event of an emergency: <https://goo.gl/CnOPIm>

[BACK TO TOP](#)

### Tips on Taking Care of Someone with the Flu



The flu is a contagious respiratory disease caused by the influenza virus. It can cause mild to severe illness, which can sometimes lead to death. Some people, seniors, young children, and people with certain health conditions, are at high risk for serious flu complications.

The best way to prevent the flu is by getting vaccinated each year. But if someone in your household does come down with the flu, the Red Cross has information on the best way to care for them.

Learn More: <https://goo.gl/NTyX1z>

[BACK TO TOP](#)

## Staying Safe with Space Heaters

Old Man Winter hit some parts of the country really hard during the last few weeks. Many people are using space heaters to stay warm, but space heaters can be dangerous when proper care is not taken. During the five-year period between 2009–2013, space heaters were the cause of two out of every five home heating fires. That's 40%! They were also the cause of four out of five home heating fire deaths—84%. Many of these fires were caused by people placing things that can burn too close to the heating element or by placing the space heater too close to things that can burn. Choose and use your space heater wisely.

Read more about the dangers of space heater use and how they can be used wisely at: <https://goo.gl/IFUqeU>

[BACK TO TOP](#)

## Education/Communication

### Get Involved: Join the National KCER Patient and Family Engagement Learning and Action Network (N-KPFE-LAN)

As a dialysis or transplant patient, do you have ideas about how to improve emergency preparedness? The KCER Program helps to improve the emergency planning process for ESRD patients and providers by sharing tools, resources, and education. KCER is looking for patients to volunteer as Subject Matter Experts (SMEs) as part of the N-KPFE-LAN. As an SME, you will have the opportunity to participate by:



- Providing input into KCER activities through phone calls and emails
- Reviewing and developing patient educational materials and quality improvement projects
- Promoting patient and family involvement in KCER emergency preparedness planning

Join the KCER LAN today: [www.kcercoalition.com/volunteer](http://www.kcercoalition.com/volunteer)

Visit [www.kcercoalition.com/NKPFE-LAN](http://www.kcercoalition.com/NKPFE-LAN) for additional information, or contact Jerome Bailey at 813.865.3542 or [jbailey@ncc.esrd.net](mailto:jbailey@ncc.esrd.net).

[BACK TO TOP](#)

### 'Hold on Tight!' Freezing Rain is in the Forecast

Winter is definitely here! Meteorologists in many parts of the country are predicting all sorts of potentially hazardous precipitation; snow, sleet, and freezing rain. Freezing rain can be especially dangerous. Why? When rain doesn't have a chance to freeze before it hits the ground but freezes on contact, you can't tell that it's going to be slippery. You don't know that it has frozen until you are already slipping and sliding on the ice-coated surface of the road or sidewalk. Freezing rain, because of its weight, is also dangerous because it can cause powerlines and tree branches to snap and fall.

Read More: <https://goo.gl/2ZZe9C>

[BACK TO TOP](#)



## Protect Yourself from Frostbite

We're in the thick of it now—the winter season. For some of us that means that cold days and nights will be with us for the next few months. If you're out there in the cold, it's very important that you take care to protect yourself from frostbite.

Frostbite is the freezing of body tissue due to overexposure to the cold. If you or someone you know gets frostbite, there are steps that must be taken to preserve that tissue. Frostbite must be managed carefully to prevent permanent damage. Before venturing outside this winter, checkout the steps you can take to prevent frostbite.

Read More: <https://goo.gl/iculco>

[BACK TO TOP](#)

You can find this month's KCER Watch and past edition on our website:

[www.kcercoalition.com/resources/kcer-watch](http://www.kcercoalition.com/resources/kcer-watch)

### What do you think about KCER Watch?

We want your feedback! Please click here to complete a short survey: [www.surveymonkey.com/r/Jan2017KCERWatch](http://www.surveymonkey.com/r/Jan2017KCERWatch)



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