

# PREP RALLY

## TIP SHEET



- Choose an emergency contact person outside your area because it may be easier to call long distance after an emergency.
- Keep your 3-day emergency diet on hand and food supplies in stock.
- Ask a member of your dialysis staff for a copy of the unit's disaster plan and read it.
- Take all of your medication with you if you have to leave your home.
- Talk with your doctor and pharmacist ahead of time about the Emergency Prescription Refill law.
- Make a list of all the medication that you take and keep it in a safe, waterproof location. The list should include each medication name, dosage, and instructions.
- Ask your dialysis staff to teach you the emergency procedure to get off of your dialysis machine safely if or when no one is available to help you.
- Make sure a neighbor has the contact information for your family in case you need assistance or care and you are unable to make a call yourself.
- If a disaster may be coming and you are offered treatment ahead of time, **DO IT!**
- Make a plan for backup transportation.
- Keep a battery-operated radio with extra batteries, or a hand-crank radio.
- Keep your facility contact information handy.

