

## Emergency Preparedness Checklist

Emergencies can happen at a moment's notice. Refer to this checklist on a regular basis to ensure you are prepared!



- My dialysis facility has my updated address and contact information on file, along with emergency contacts.
- I have a backup plan to receive care if my center is closed.
  - Location: \_\_\_\_\_
  - Address: \_\_\_\_\_
  - Telephone: \_\_\_\_\_
- I have checked my emergency bag to ensure items are not expired and are weather appropriate (see reverse side).
- I have an emergency supply of medications ready to grab.
- I have a plan on where I will seek safety, if needed.
  - If applicable, I have ensured my pets are welcome.
- I have a copy of my current dialysis prescription:

Time on treatment: \_\_\_\_\_ Dialysate: \_\_\_\_\_

Blood flow rate: \_\_\_\_\_ Dialysate flow rate: \_\_\_\_\_

Anticoagulation medication: \_\_\_\_\_



**KCER** 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 #: HHS-500-2006-00007C Publication Number: KCER-KC3FOS-01082024-01

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## Emergency Go-Bag Checklist

Use this checklist to get you started on your go-bag. Regularly check your items to ensure they are weather appropriate, consistent with your diet needs, and unexpired.



### Important Documents

- Identification
- Insurance card(s)
- List of medications
- Monthly lab report
- Vaccination records of animals, if applicable

### Water and Food

- Non-perishable foods
  - Canned, pop-top, low-sodium green beans, corn, peas
  - Applesauce
  - Unsalted peanut butter
  - Low-sodium tuna, crab, chicken, salmon, or turkey
- Bottled water, cranberry or apple juice
- Food, water, and medications for any animals

### Clothes and Toiletries

- Change of clothes
- Sturdy shoes
- Toilet paper
- Toothbrush and toothpaste
- Feminine personal hygiene
- Medications
- Leash, cage, cleaning supplies, etc. for pets

### Emergency Tools

- Flashlight
- Cell phone and charger
- Blankets
- Whistle
- Battery-powered radio

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