

# ARE YOU READY???

## Steps to Consider For Kidney Transplant Patient and Family Disaster Planning

### WHAT TO DO TO PREPARE

- ⇒ KEEP your emergency contact information up-to-date
- ⇒ PROVIDE any necessary out-of-state contact information to your transplant unit
- ⇒ KEEP a current list of your medications and allergies
- ⇒ PREPARE a home disaster kit with any emergency supplies
- ⇒ PACK your key items in a waterproof bag. Suggested key items: 8 ounce bottles of water; a hand-operated can opener; hand sanitizer; travel-size toiletries; disposable wipes; toilet paper; sunscreen; a miniature flashlight; a mask; gloves; a thermometer; batteries; matches; and candles
- ⇒ REMEMBER to keep a two-week extra supply of medications on hand if possible in their original containers. If you need to evacuate, original bottles will provide necessary information when you arrive at your destination
- ⇒ KEEP important personal papers with you (i.e., insurance, identification)
- ⇒ HAVE a back-up plan for transportation needs (i.e., evacuation)
- ⇒ REFER to your local and/or state Emergency Preparedness guidelines
- ⇒ Be PREPARED year-round
- ⇒ STOCK disposable eating utensils and canned/packaged rations of foods, such as peanut butter, saltines, tuna, and juices - several days' worth if possible
- ⇒ ASK your transplant health care team about precautions, additional medications, and preparations that they recommend

### KEY POINTS TO REMEMBER IF DISASTER STRIKES

- ⇒ EVACUATE if directed to do so by your local authorities
- ⇒ If you must go to a local shelter, ALERT the shelter manager of your transplant status
- ⇒ If you are diabetic... remember to have your diabetic medications (e.g., insulin), supplies (e.g., syringes, alcohol wipes, glucose testing items) and food items as directed by your dietitian
- ⇒ LET the shelter management or emergency personnel know of your need to take medications regularly and on-time, and that you've been directed to limit your exposure to infections. Sanitizers, gloves, and a mask can help

### WHERE TO GO

- ⇒ A listing of transplant centers around the country is available from the United Network for Organ Sharing (UNOS) at 1.888.894.6361 (Web site: [www.unos.org](http://www.unos.org))
- ⇒ KNOW your evacuation plan, especially if you live in an evacuation zone and/or mobile home
- ⇒ KNOW the locations of local or regional shelters

### WHO TO CONTACT

- ⇒ TALK to your transplant coordinator, nurse manager, social worker, or administrator
- ⇒ ASK for the communication plan, especially in the event that phones are not working
- ⇒ ASK who to contact at your transplant unit in emergency situations
- ⇒ KEEP your transplant identification card with you for helpful phone numbers

### RESOURCES

- ⇒ UNOS Patient Services: [www.unos.org/whatWeDo/contact\\_patientServices.asp](http://www.unos.org/whatWeDo/contact_patientServices.asp)
- ⇒ ESRD Network 13 Web site: [www.network13.org](http://www.network13.org) or 1-800-472-8664
- ⇒ National Kidney Foundation Web sites:  
[www.kidney.org/help/proESRD.cfm](http://www.kidney.org/help/proESRD.cfm)  
[www.kidney.org/atoz/pdf/DisasterBrochure.pdf](http://www.kidney.org/atoz/pdf/DisasterBrochure.pdf)

