

PREPARING FOR A NATURAL DISASTER

We can't always predict when something will derail our treatment plans. You can take some simple steps to stay healthy and be prepared in case of a disaster.

Tips for dialysis patients

1 PLAN AHEAD

- Arrange to have dialysis before the storm arrives
- Talk to your dietitian about a more restrictive meal plan before the storm
- Make a disaster prep kit containing all of your disaster supplies and materials

2 BE IN THE KNOW

- Home dialyzers: contact your provider for disaster instructions
- Write down your medicines and phone numbers for your care team and nearby dialysis centers
- Check public transportation disaster plan

3 SELF-ADVOCATE

- Keep a patient ID card with you
- Consider wearing a medical alert bracelet
- Inform utility companies that you need power and water for survival
- Identify an emergency contact person

4 STOCK UP

- Create an emergency first aid kit with bandages, antibiotic creams, etc.
- Create an emergency food supply with non-perishables to last 3 days
- Have enough medicine on hand for at least 5-7 days

5 CHECK UP

- Check your disaster prep kit every 6 months to make sure it's well stocked
- Update your lists of phone numbers, medicines and other info
- Check that your emergency food has not expired

6 RESOURCES

- American Kidney Fund: KidneyFund.org (800) 638-8299
- Kidney Community Emergency Response Coalition (KCER): kcercoalition.com (516) 209-5253

3-DAY EMERGENCY KIDNEY DIET

Visit bit.ly/2OfGygx for daily suggested meal plans

FOODS TO BUY

Cereal
6 single-serving boxes or 1 larger box

Fruit or fruit cups with no heavy syrup or applesauce
12 cans, 4 oz. each

Low-sodium asparagus, carrots, green beans, peas, corn, yellow squash or wax beans
6 cans, 8 oz. each

Low-sodium or no salt added tuna, crab, chicken, salmon or turkey
6 cans, 3-4 oz. each

Unsalted peanut butter or almond butter
1 jar

Mayonnaise
3 small jars or 8-12 single foil packs

Jelly* or sugar-free jelly**
1 small jar

Vanilla wafers, graham crackers or plain, unsalted crackers
1 box

Sugar-free candy, including sourballs, hard candy, jelly beans and mints*
1 package

Sugar-free chewing gum
1 jumbo pack

White bread***
1 loaf

Honey*
1 small jar

White sugar*
1 small box or 1 box individual packets

Marshmallows (optional)*
1 bag

* = foods diabetics may wish to avoid
** = diabetic alternative
*** = food may spoil and should be eaten before expiration date

DRINKS TO BUY

Distilled or bottled water
1-2 gallons

Dry milk or evaporated milk
3 packages dry milk or 4 cans evaporated milk, 8 oz. each



Cranberry, apple or grape juice
6 cans or boxes, 4 oz. each

DO NOT EAT OR DRINK!

Sports drinks, drinks with phosphate or powdered drink mixes

Raisins and other dried fruits, including cereals with dried fruit

Potatoes

Bran or granola

Dried beans, including pinto, navy, black, ranch style or kidney beans

Tomatoes



Source: Kidney Community Emergency Response (KCER) Coalition

TIPS - FOOD

Season your food with balsamic or flavored vinegar, salt-free seasonings, spices and dried herbs.

TIPS - DRINK

Drain liquid from canned foods or include it in your daily fluid limit. Try taking medicines with applesauce to reduce fluid.

Learn more about how to prepare at KidneyFund.org/disaster-relief-resources

