



# **Preparing for an emergency: What you need to know about kidney disease and food safety**

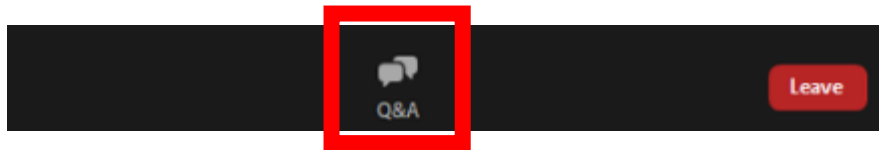
*September 27, 2022*

*National Food Safety Education Month*

# Reminders

- Please send in your questions for the speakers or the AKF team:

- Zoom: Use the Q&A feature

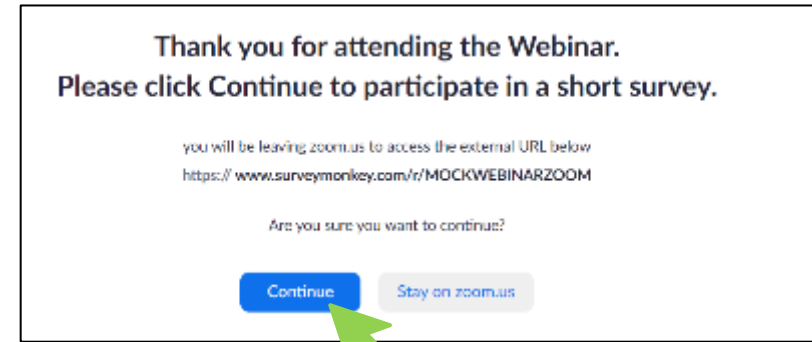


- Facebook: Leave a comment

- You can email [education@kidneyfund.org](mailto:education@kidneyfund.org) to request a certificate of attendance.

- At the end of today's event, please complete a brief feedback survey.

1



2





# Thanks to our speakers!

## Margaret Solar, MPH

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- 20+ years of experience in managing complex and comprehensive programs in healthcare.
- 10+ years of experience supervising and leading teams.
- 5 years of experience in managing a \$350M patient assistance program with a grant review team and a call-center.
- Expert skills as a liaison, in conflict resolution and mentoring teams to deliver exceptional results.
- Director of Patient Support at AKF



# Thanks to our speakers!

## Meredith Carothers, MPH

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- Technical Information Specialist at the USDA's Food Safety and Inspection Service.
- Works in food safety education and promotes safe food handling and positive behavior change through creative national campaigns and outreach programs.
- Directly assists the public by answering consumer food safety inquiries on USDA's Meat and Poultry Hotline.
- Received her Masters in Public Health from George Mason University with a concentration in Community Health Promotion.
- Passionate about sharing food safety information to keep consumers safe from foodborne illness.

Margaret Solar, MPH

# AKF's Emergency Preparedness Resources



# Disaster Relief Program

Helping kidney patients rebuild their lives



Helps dialysis patients with grants for areas of need such as transportation, temporary lodging, home repair, and food replacement.



AKF reaches out to the Kidney Community Emergency Response (KCER) Coalition, as well as the area ESRD networks, to gauge patient need. If the need is great enough and sufficient funding is available, AKF will open the program.



The Disaster Relief Program (DRP) has provided millions in assistance to help dialysis patients rebuild their lives following natural disasters.



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In 2021, AKF provided disaster relief through the DRP - Hurricane Ida, and the Texas Winter Storm Programs.

Hurricane Ida - We spent \$151,575 to help 766 patients impacted.

Texas Winter Storm - We spent \$329,735 to help 1,663 patients impacted.

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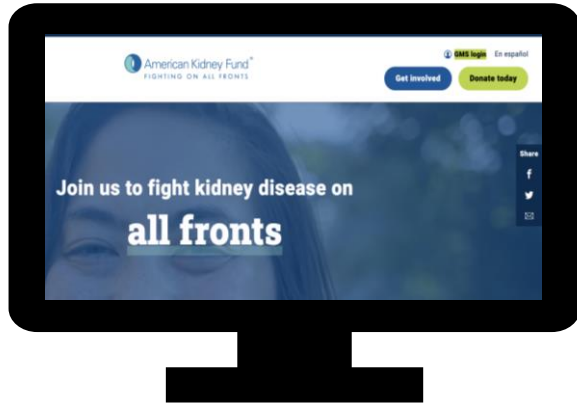
In 2022, AKF has provided disaster relief through the DRP-  
New Mexico  
Wildfires and the  
Kentucky Flooding.

New Mexico Wild Fires-  
We spent \$500 to help 2  
patients impacted.

Kentucky Flooding- We  
spent \$2,250 to help 9  
patients impacted.



# How to Get a Disaster Relief Grant



- Visit [KidneyFund.org](https://KidneyFund.org) to learn more about AKF's financial assistance programs and how to apply.
  - Create a profile register in the Grants Management System (GMS) and apply for grants.
  - For GMS registration issues e-mail us at [registration@kidneyfund.org](mailto:registration@kidneyfund.org).
- Call us at [800.795.3226](tel:800.795.3226) Monday through Thursday to speak with a live representative or visit [GMSassist.com](https://GMSassist.com) to schedule a phone appointment for a day and time that is convenient for you.

# Resources for Disaster Relief

## PREPARING FOR A NATURAL DISASTER

### Tips for dialysis patients



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.

# 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](http://KidneyFund.org) (800) 638-8299
- Kidney Community Emergency Response Coalition (KCER): [kcercoalition.com](http://kcercoalition.com) (516) 209-5253

# Where to Go for Additional Resources

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- Health Services Advisory Group (HSAG) provides:
  - Quality improvement, data management, grievance investigation, technical assistance, patient and professional education services for more than 1,990 dialysis providers and over 161,000 dialysis patients in participating states and their respective end-stage renal disease (ESRD) networks.
- The goal of the ESRD Network:
  - Efficiently and effectively increase the quality of care and quality of life for ESRD patients, and all HSAG ESRD Network activities are focused on promoting patient-centered care as well as patient and family engagement at the provider level.

# Additional Resources



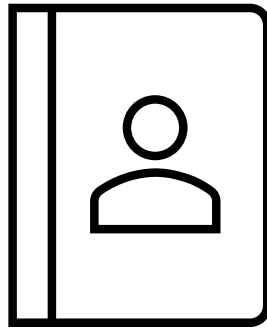
Kidney Community  
Emergency Response



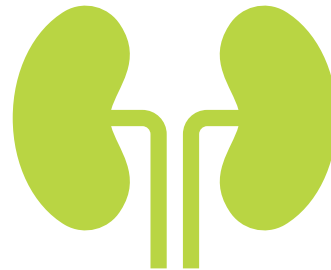
- Kidney Community Emergency Response: [kcercoalition.com](https://kcercoalition.com)
- ESRD National Coordinating Center: [esrdncc.org](https://esrdncc.org)



Emergency planning  
checklist



Patient emergency  
contact list



Preparing for Emergencies: A  
Guide for People on Dialysis



Three-Day Emergency Diet  
Guide (in [English](#) and [Spanish](#))



Emergency Disconnect  
Procedure for In-Center  
Hemodialysis Patients  
(in [English](#) and [Spanish](#))

# USDA's Food Safety Presentation

Meredith Carothers, MPH

# Who is FSIS?

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The Food Safety and Inspection Service (FSIS) is responsible for ensuring that meat, poultry, and egg products are safe and that they are properly labeled and packaged.

FSIS also educates consumers on foodborne illness and how to safely handle food.

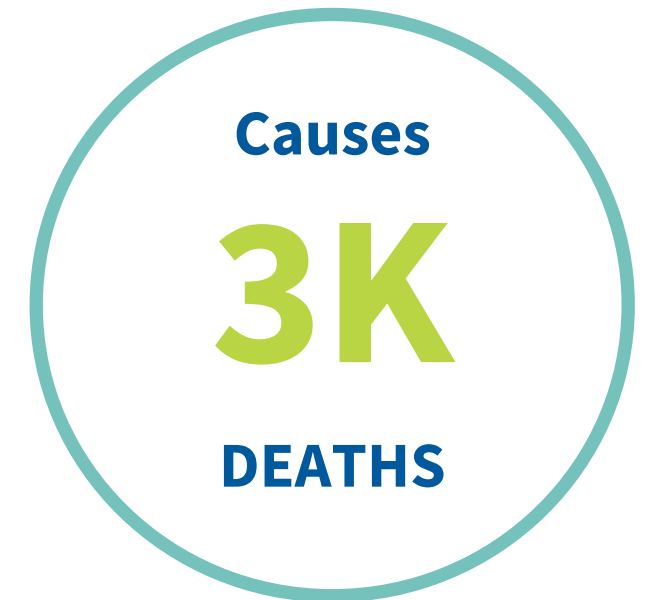
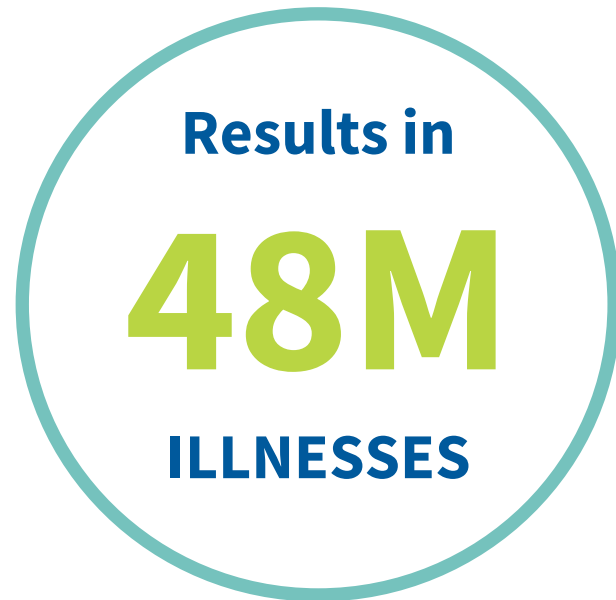




# Foodborne Illness

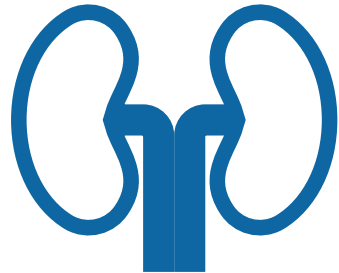
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Each year, foodborne illness...



# Food Safety for Those at Risk

Some people are at greater risk for experiencing a more serious illness or even death should they get a foodborne illness.

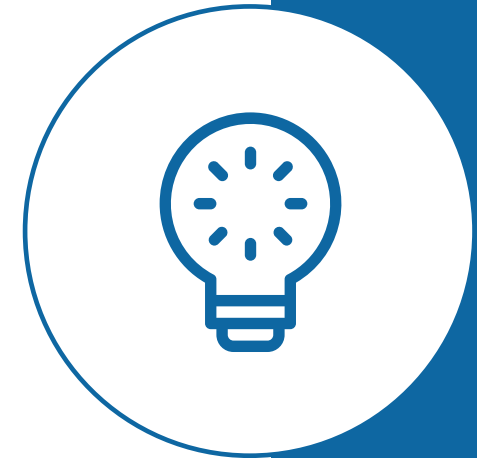


- Infants
- Young children
- Pregnant women and their unborn babies
- Older adults
- People with weakened immune systems, such as those with:
  - HIV/AIDS
  - Cancer
  - Diabetes
  - Kidney disease
  - Transplant patients

# Why Are Emergencies Risky for Food?

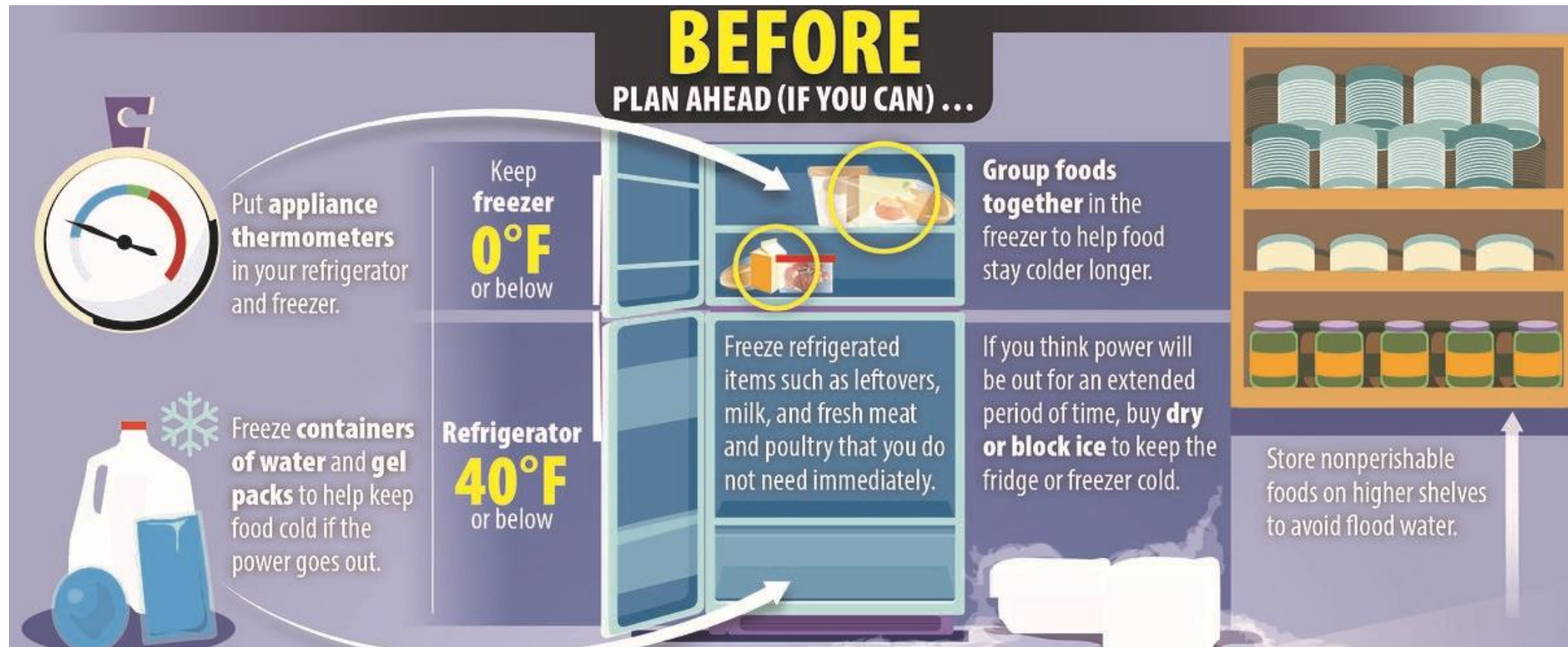
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- Power outages = unsafe temperatures
- Floods = bacteria and contaminants
- Fires = contaminants



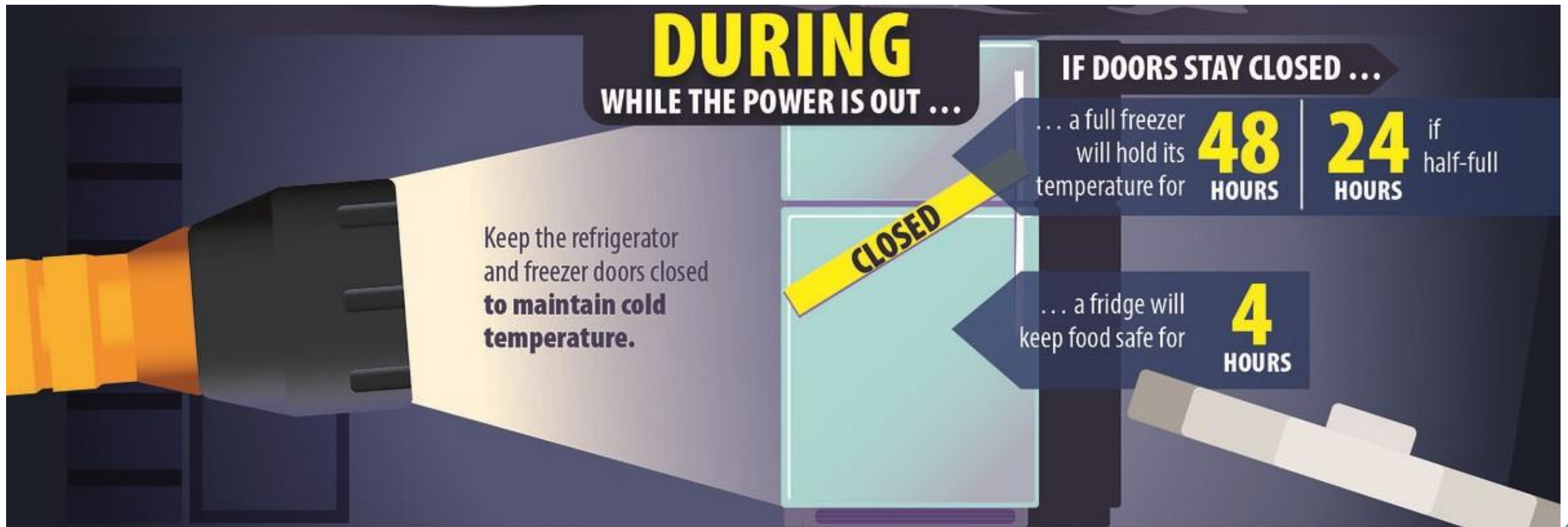
# Power Outages

## PREPARING



# Power Outages

## DURING






# Power Outages


## AFTER

### WHEN IN DOUBT, THROW IT OUT!



**Check the temperature** inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine.















### AFTER ONCE THE POWER IS BACK ON ...










Never taste food to **determine its safety!**


### WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:

 Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)	 Grated Parmesan, Romano, or combination (in can or jar)	 Butter or margarine	 Opened fruit juices	 Opened canned fruits	 Jelly, relish, taco sauce, mustard, ketchup, olives, pickles	 Worcestershire, soy, barbecue, and Hoisin sauces
 Peanut butter	 Opened vinegar-based dressings	 Bread, rolls, cakes, muffins, quick breads, tortillas	 Breakfast foods (waffles, pancakes, bagels)	 Fruit pies	 Fresh mushrooms, herbs, and spices	 Uncut raw vegetables and fruit

### WHAT SHOULD I THROW OUT?

 Meat, poultry or seafood products	 Soft cheeses and shredded cheeses	 Milk, cream, yogurt, and other dairy products
 Opened baby formula	 Eggs and egg products	
 Dough, cooked pasta	 Cooked or cut produce	



**REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.**



# What foods are safe vs not safe after a power outage?

## REFRIGERATOR

### UNSAFE

- Raw, cooked, or leftover meat, poultry, fish, eggs, and egg substitutes
- Luncheon meat and hot dogs
- Casseroles, soups, stews, and pizza
- Cut or cooked fruits and vegetables
- Milk, cream, yogurt, sour cream, and soft cheeses
- Mixed salads (i.e. chicken, tuna, macaroni, potato)

### SAFE

- High-acid foods such as mustard, ketchup, relishes, pickles, non-creamy salad dressings, jams and jellies
- Whole fruits and vegetables
- Unopened juices
- Hard and processed cheeses
- Butter and margarine
- Baked goods such as bread, muffins, cakes (except those with cream cheese frosting or cream fillings)

# What foods are safe vs not safe after a power outage?

## **FREEZER**

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### **SAFE**

- Frozen foods that have partially thawed, but still contain ice crystals
- Foods that have remained at refrigerator temperatures (40 F or below).
  - They may be safely refrozen; however, quality may suffer
- Foods that don't need to be frozen:
  - Dried fruits
  - Butter and margarine
  - Baked goods such as bread, muffins, cakes (except those with cream cheese frosting or cream fillings)

# Floods

## AFTER A FLOOD

### FOLLOW THESE STEPS AFTER A FLOOD:



DO NOT EAT any food that may have touched flood water.



DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.



DISCARD cardboard juice/milk/baby formula boxes and home canned foods



DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.



Pots, pans,  
dishes and  
utensils

Undamaged  
all-metal cans  
after removing  
labels

# Resources

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Visit the FSIS website at [fsis.usda.gov](https://fsis.usda.gov) to view factsheets and other resources about food safety during emergencies:

## Emergencies

- [Keep Your Food Safe During Emergencies](#)
- [A Consumer's Guide to Food Safety: Severe Storms and Hurricanes](#)
- [Fires and Food Safety](#)
- [Removing Odors from Refrigerators and Freezers](#)

# Meat and Poultry Hotline

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**USDA** Food Safety and Inspection Service  
U.S. DEPARTMENT OF AGRICULTURE

**USDA's Meat &  
Poultry Hotline**

**1-888 MPHOTLINE  
1-888-674-6854  
M-F 10am-6pm ET**



# Q & A

Please send in your questions using the Q&A feature on Zoom or leave a comment on Facebook.



# Two things to know, Two things to do

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## Two things to know:

1. A refrigerator keeps a safe temperature for 4 hours, and a freezer keeps a safe temperature 24 hours (if half full) or 48 hours (if full) during a power outage.
2. Floods and fires can expose food to contaminants and bacteria.

## Two things to do:

1. Create an emergency plan in case of an upcoming disaster and/or emergency.
2. Make a disaster prep kit and check on it every six months to ensure that it is well stocked and has all the supplies and materials that you need.