



Commonwealth Healthcare Corporation

Commonwealth of the Northern Mariana Islands

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RENAL DEPARTMENT

CHCC DIALYSIS UNIT

Emergency Handbook for Dialysis Patients

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INTRODUCTION

It is important for people on dialysis to plan ahead for emergencies and disasters in order to stay safe.

Emergencies and disasters often happen without warning, so it is important to prepare before they happen. When you are on dialysis, disasters can make it hard for you to get your treatment because of changes to water, power, sanitation, or transportation.

Your healthcare team will go over this manual with you at least twice a year to ensure that you understand what to do in the event of an emergency.

Contents of this manual was put together by your dialysis team as well as representatives from the ESRD Networks, CMS, other dialysis organizations, national-renal related organizations, clinicians with renal-specific focuses, and the Kidney Community Emergency Response (KCER) Program.

This booklet provides information that will help you prepare for an emergency.

What to Do to Get Ready for an Emergency or Disaster

- I have made my **Emergency Go-Kit**.
- I have read and understand my dialysis facility's disaster plan.
- My dialysis team has taught me how to unhook from the machine in an emergency.
- I have made alternative arrangements for my treatment before an emergency happens.
- I have filled out and added important contact information to my **Personal Information Form**.
- I have completed my **Medical Supplies Checklist**.
- I have added my **Personal Information Form** and **Medical Supplies Checklist** to my **Emergency Go-Kit**.
- I keep my **Personal Information Form** and **Medical Supplies Checklist** current and update it if necessary whenever something changes.
- I have made sure that I have enough food in the house for a **3-Day Emergency Diet**.
- I will listen to my local news to learn about the emergency or disaster.
- I make sure cell phones are always charged and ready to use.
- I have two options for places to stay, near and far, if I must leave my home. I have added this information to my **Personal Information Form**.
- I make and share my emergency plan with household members and my dialysis facility.
- I have plans in place for my pets (if applicable).
- I have arranged back-up transportation to the dialysis facility, and added it to my **Personal Information Form**.
- I have contacted my local or city Emergency Management Office to find out about services to help prepare for and manage an emergency.
- I have made sure that my car has enough gas in it (if applicable).

Make Alternative Arrangements for Your Treatment Before an Emergency

If you are a Hemodialysis patient:

- Make sure your dialysis facility has your current street address and phone number(s) in case they need to contact you.
- Make arrangements for back-up transportation to your dialysis facility.
- Ask your dialysis facility about other dialysis facilities near you that can treat you if your dialysis facility closes.

If you are a Continuous Ambulatory Peritoneal Dialysis (CAPD) patient:

- Keep the battery charged at all times if you use an ultraviolet device. (NOTE: The charge should last for three days.)
- As directed by your dialysis team, keep a five-to-seven-day supply of peritoneal dialysis supplies at home. Check expiration dates and replace as needed, or every six month

If you use Continuous Cycling Peritoneal Dialysis (CCPD):

- Learn and practice manual CAPD, so if you lose power, you can switch from CCPD to manual CAPD.
- As directed by your dialysis team, keep a five-to-seven-day supply of CCPD (and CAPD if you have learned to do manual CAPD) supplies available. Check the expiration dates, and replace as needed.
- Contact your water and power companies ahead of time to register for special priority to restore your lost services. Keep their phone numbers up-to-date on your **Personal Information Form**.

“Get-Ready” Emergency Go-Kit Checklist

- ✓ Get your **Go-Kit** ready *before* an emergency or disaster happens.
- ✓ You may put these items in more than one bag or container.
- ✓ Make sure you know where your **Go-Kit** is stored.
- ✓ Check items every six months to ensure your medications have not expired, that your food is still fresh, and that batteries are working.

- 3-Day Emergency Diet Plan and Shopping List** items
- Bottled or distilled water
- Small radio with batteries or a hand crank
- Flashlights and batteries
- First-aid kit
- Hand sanitizer
- Plain, unscented household chlorine bleach
- Cell phone and charger
- Measuring cups, teaspoons, and tablespoons
- Manual can opener
- Cash
- Walking shoes and a change of clothes
- Food and water for your pets (if you have pets)
- Personal Information Form and Medical Supplies Checklist**

“Get-Ready” Medical Supplies Checklist

- ✓ Add these items to your **Emergency Go-Kit**.
- ✓ Check your medications to ensure they have not expired.
- Five-to-seven-day supply of all prescription medicines. Check the expiration dates of all of your medications each month. Use and replace the ones that are due to expire.
- Five-day supply of antibiotics if you are on peritoneal dialysis and it is recommended by your doctor.

Add these to your medical supplies if you have diabetes:

- Glucose meter, one spare battery and testing fluid.
- Five-to-seven-day supply of blood sugar test strips and lancets.
- Five-to-seven-day supply of syringes and insulin if you use insulin. (Keep insulin cool but do not freeze it. It is best kept in the refrigerator, but it can be kept at room temperature for up to a month.)
- Glucose (glucose tablets, Glucagon, oral glucose gel) in case your sugar level drops.

Personal Information Form

To be ready for an emergency, complete the **Personal Information Form** with a list of people and organizations you will need to reach. Family, household members, caregivers, and friends will want to know where you are. They may even be able to help you safely leave your home, if you need to. Include on your list your nephrologist (kidney doctor) and your dialysis facility. You will need to let them know if you can't get your treatments. You can get this form from your dialysis facility or ESRD Network.

You can also get a **Wallet Card** from your dialysis facility or ESRD Network (page 38) to record your important medical information. You may carry this card in your wallet.

Personal Information Form directions:

Please fill out the form, beginning on the next page, with your personal information. Write in pencil to make it easy to change. Put your **Personal Information Form** in your **Emergency Go-Kit**.

Have copies of your identification and medical information available:

- Driver's license, ID card, and/or US permanent resident card
- Social Security card
- Passport
- Healthcare insurance card
- Treatment orders
- Legal documents (i.e., advance directive, do not resuscitate (DNR) order, or medical power of attorney information)

Personal Information Form

In all emergencies, call 9-1-1

Non-emergency phone #:

My Dialysis Facility	
<i>Phone</i>	
Emergency Hotline	
Back-Up Facility Near Home	
<i>Phone</i>	
Back-Up Facility Far from Home	
<i>Phone</i>	
Kidney Doctor (Nephrologist)	
<i>Phone</i>	
Primary Care Doctor	
<i>Phone</i>	
My Pharmacy	
<i>Phone</i>	
Transportation Company	
<i>Phone</i>	
Transportation (family/friend)	
<i>Phone</i>	
My ESRD Network	
<i>Phone</i>	
<i>Family members, caregivers, friends, etc.</i>	
Name/Relation	
<i>Phone</i>	

Medical Information

Health Insurance Provider	
<i>Policy #</i>	
<i>Phone</i>	
Medication	Dosage
Allergies (if any)	
Treatment Type	
Hemodialysis	CAPD
Home Hemodialysis	CCPD

Local Emergency Information	
Local Hospital	
Local Fire Department	
Local Police	
Electric Company	
Utility Company	
Water Company	

CNMI Dialysis Emergency Tips and Guidelines

When a natural disaster, such as a typhoon occurs, you may not be able to eat what you normally would because of the lack of power, refrigeration and water access. Below are some things to keep in mind to keep you safe after a natural disaster

Why do I need an emergency meal plan?

This meal plan is for you to use in case of an emergency or a natural disaster when you may not be able to attend dialysis or you go longer without dialysis than you normally would. It is important to follow a limited diet if dialysis has to be missed. A grocery list and a three-day meal plan for an emergency are included in this section. This diet is stricter than your usual diet. This very strict plan is needed to control the buildup of toxins such as potassium, phosphorus, urea and fluids that can be life threatening to you if several dialysis treatments are missed due to the emergency.

What should I expect during an emergency situation?

Many things we depend on daily may not be working during an emergency. You may be without a telephone. Water and electricity may be cut off, keeping you from cooking your meals in the usual way. You may need to use cold or shelf-stable foods until the crisis is over. Food in your refrigerator will keep safely for up to 12 hours and in the freezer for one to two days. Try to limit the number of times needed to open the refrigerator. Open it when you are ready to prepare meals. It is best to eat the foods from your refrigerator and freezer first before using your shelf-stable foods. Distilled water, disposable plates and utensils also should be kept on hand.

How do I prepare myself for an emergency?

The best way to get ready for an emergency is to plan *before* one happens. Collect the foods on the 3-Day Emergency Diet Shopping List. This diet allows for six days of food and water, so if you are able to get one dialysis treatment but cannot get another for 3 days, then you can repeat the 3-Day Emergency Diet a second time, if needed. As natural disasters may happen without warning, it is good to keep foods with a long shelf-life on hand at all times. If you do stock foods, remember to check dates for freshness and replace regularly. Ask questions *before* an emergency. Ask your dietitian about the diet if you have any questions or concerns. If you are on peritoneal dialysis and can't do your treatments, this diet may apply to you, too.

Pediatric Dialysis Plan

Talk to your doctor and dietitian about what to feed infants, children and teens who are on dialysis. Children's food will need to be adjusted for their age and weight.

The following items are important and useful to have on hand in case of an emergency:

- This informational packet
- Always have a two-week supply of all medicines and vitamins
- Groceries listed in this guide
- If you have diabetes: make sure you have enough medication (pills or insulin) and supplies on hand, including extra batteries for the glucometer
- Emergency phone list with names and phone numbers of your doctor, dialysis unit and the local hospital
- Radio with extra batteries
- Flashlight with extra batteries
- Candles and matches
- Measuring cups
- Plastic forks, spoons, knives, plates, bowls and cups
- Napkins
- Manual can opener (not electric)
- Five gallons of distilled water
- Hand Sanitizer
- Refrigerator thermometer.
- Butane
- Butane stove
- Cooler
- Ice, if available
- Plain, unscented household chlorine bleach (See How to Disinfect Water)

Is there anything else I should know?

The following dietary guidelines are for use in the event of an extended emergency. Dialysis may not be available or patients may have to miss a dialysis treatment. When you can't get your treatment, water and wastes can build up in your body and can cause you not to feel well. Follow these dietary guidelines to keep you safe and comfortable until your next treatment. It is very important to follow a strict diet to limit buildup of water, protein wastes and potassium. These diet guidelines do not take place of dialysis, but can reduce the wastes that build up. These diet changes may save your life.

EMERGENCY DIET GUIDELINES FOR DIALYSIS PATIENTS

1. Avoid high potassium foods. See list below.
2. Restrict fluid and protein as recommended by a renal dietitian.
 - Drink $\frac{1}{2}$ of your usual fluid intake.

- Limit intake of fluid to two cups or 16 ounces per day if you are not making any more urine. Chew gum to help cope with thirst.
 - If patients usually gain too much weight between dialysis treatments, they will need to cut back even more.
 - *Remember that all fruits and vegetables contain water.*
 - Tips to help reduce your thirst:
 - Suck on hard candy
 - Chew gum
 - Limit salt intake
 - Have a mix of sugared candy and unsweetened candy
 - Rinse your mouth out with mouthwash
3. Limit protein intake to half of your usual intake. For example, if someone eats two eggs at breakfast, decrease intake to one. If four ounces of meat at each meal is typical, reduce intake to two ounces of meat per meal.
 4. Use salt free or low sodium foods when possible. Do not season with salt or salt substitutes (salt substitutes may have potassium in them).
 5. Be careful when eating perishable foods to avoid food poisoning. If a jar or can is opened, do not keep it longer than four hours unless refrigerated.
 6. Use a refrigerator thermometer to know if food is stored at a safe temperature (under 40 degrees F, 5 degrees C). If your refrigerator temperature is over 40 degrees F, food will only be safe for four hours. After that time, throw it away.
 7. Use disposable plates and utensils. Throw away after use.
 8. If you have diabetes, keep instant glucose tablets, sugar, hard candy, low-potassium fruit juices, or sugared soda pop on hand to treat low blood sugars. Avoid high potassium fruit juices (orange juice).
 9. Remember to take your Phosphorus binders with all your meals and snacks.
 10. Please let the Dietitian know if you do not have access to food and water.

HIGH POTASSIUM FOODS TO AVOID

Restrict intake of high potassium fruits (including dried fruit), high potassium vegetables (including potatoes), and canned beans according to recommendations by a renal dietitian.

High Potassium Foods to AVOID

Taro	Potato	Sweet Potato
Cassava/Tapioca	Banana	Breadfruit

Tomato	Jackfruit	Papaya
Mango	Honeydew	Cantaloupe
Avocado	Soursop	Dairy Products (Ice cream, Yogurt, Milk, Cream Soup)
Oranges & Orange juice	Coconut Products (milk, water, coconut flesh)	Tangerines
Sports Drinks (Gatorade, Powerade, etc.)	Leaves in soups (taro leaves, bitter melon leaves & pumpkin tips)	NEVER EAT STARFRUIT
Dried Fruit	Dried Beans/Peas Dried beans (e.g., mung, pinto, navy, black, ranch style, or kidney beans)	Chocolate in excess

TIPS FOR CHOOSING FOODS

- Look for pull top cans for easy access.
- Purchase one-time use and shelf-stable items to eliminate the need to refrigerate leftovers.
- Choose foods that taste good, even when eaten cold.
- If you don't have regular access to clean drinking water, avoid making foods like ramen, soba or rice so you can conserve water.
- Double check the package or labels to ensure they do not REQUIRE heating, if you do not have electricity or a butane stove.
- If offered frozen foods or meats from a grocery store, make sure to ask them if they had a generator running or if the foods were without refrigeration at any time.

CANNED FOODS

- Look for pull top cans for easy access.
- Choose low sodium options when possible.
- Rinse canned vegetables to remove extra salt.

- Check canned foods for swelling, leakage, and the expiration date. Rotate canned foods every year, and replace as needed.
- Canned Tuna (in water) is a good choice for protein intake.
- If you only have canned/processed meats, such as spam, corned beef, hotdogs, sausages:
 - Choose low sodium
 - Boil meat and rinse with water to reduce sodium and fat.

STORAGE OF FOODS

- Rotate bottled water every six months.
- Breads should be stored in the freezer. Crackers and cereals should be stored in a tin or sealed container and rotated monthly. You can freeze bread for three months in a sealed bag.
- Store sugar, candies, and dry milk in a sealed container to protect them from insects.
- Store dry goods in a sealed container to protect from insects and moisture.
- Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or *use it within four hours*.
- After losing power, it is safe to use food in the freezer as long as there are ice crystals in the food.

FOOD SAFETY TIPS

- Avoid foods with a foul stench.
- Cook meats thoroughly to at least 165 degrees Fahrenheit.
- Throw out cans that are open, bulging, or dented.
- Throw any food that rats, mice, or other animals may have touched.
- Wash hands before handling food.
- Don't allow those who are sick to handle food.

TIPS WHEN EATING OUT

- Ask for no salt added to your food, if possible.
- Ask if ice was made from clean drinking water. If the restaurant is not sure, ask for no ice in your beverages.
- Do not take leftovers home if you cannot keep them refrigerated. Food spoils faster and bacteria grows quicker in warmer temperatures.
- Ask for sauces on the side to reduce salt intake.
- Ask restaurants if their generators were ever off and if the thawed foods were discarded.

MRE (Meals Ready-to-Eat)

- Continue to keep in mind potassium intake with MREs.

- The spaghetti, lasagna, and ravioli are going to be higher in potassium. Avoid choosing these meals because of the tomato sauce.
- If you must eat these items and there is nothing else to consume, try to limit how much of the tomato sauce you actually consume.
- Try to exchange your meal with someone else if they have a different MREs that do not contain a lot of potassium.

3-Day Emergency Diet Shopping List

This shopping list is for six days of food and water for the kidney patient, so the **3-Day Emergency Diet** can be repeated a second time if needed.

Review this list with your dietitian to tailor it for your needs and local availability.

What to Buy	How Much to Buy
Drinks	
<i>Distilled or bottled water</i>	<i>1 to 2 gallons</i>
<i>Dry milk or evaporated milk</i>	<i>3 packages of dry milk or 4 cans of evaporated milk (8 oz. each)</i>
<i>Cranberry, apple, or grape juice</i>	<i>6 cans or boxes (4 oz. each)</i>
Food	
<i>Cold cereal No bran, granola, or cereal with dried fruit or nuts.</i>	<i>6 single-serving boxes, or 1 box</i>
<i>Fruit or "fruit cups," with pears, peaches, mandarin oranges, mixed fruit, applesauce, or pineapple packed in water or juice. No heavy syrup, raisins, or dried fruit.</i>	<i>12 cans (4 oz. each) *be sure to drain liquid from fruit or count toward daily fluids</i>
<i>Low sodium vegetables, such as asparagus, carrots, green beans, peas, corn, yellow squash, or wax beans. No dried beans such as pinto, navy, black, ranch style, or kidney beans. No potatoes or tomatoes.</i>	<i>6 cans (8 oz. each) *be sure to drain liquid from vegetables or count toward daily fluids</i>

<i>What to Buy</i>	<i>How Much to Buy</i>
<i>Low sodium or no-salt-added tuna, crab, chicken, salmon, or turkey</i>	<i>6 cans (3 or 4 oz. each)</i>
<i>Unsalted peanut butter or almond butter</i>	<i>1 jar</i>
<i>Mayonnaise</i>	<i>3 small jars (or 8 to 12 single-serve foil-wrapped packs and discard once opened)</i>
<i>Jelly (sugar-free if you have diabetes)</i>	<i>1 small jar</i>
<i>Vanilla wafers, graham crackers, or plain unsalted crackers</i>	<i>1 box</i>
<i>Sugar-free candy, like sourballs, hard candy, jelly beans, or mints</i>	<i>1 package</i>
<i>Sugar-free chewing gum</i>	<i>1 jumbo pack</i>

Food That Will Spoil

Use before expiration date and replace with fresh items.

Discard after expiration date.

Dry milk	3 packages
White bread	1 loaf
<i>Keep frozen, so always available when needed.</i>	

Options to Season Your Food

Olive oil or vegetable oil	1 small bottle
Balsamic or flavored vinegar	1 small bottle

Salt-free seasonings, spices, and dried herbs such as cinnamon, dill, oregano, rosemary, garlic powder, and onion powder

Note

If you have diabetes, avoid the sweets in this plan; but keep some high-sugar foods (hard candy) on hand in case your sugar is low. Speak to your dietitian.

Sourball candy, hard candy, jelly beans, or mints	1 package
Honey	1 small jar
White sugar	1 small box granulated or packets

Do not include these foods in your 3-day emergency diet:

- Sports drinks and drinks with phosphates
- Powdered drink mixes other than powdered milk
- Foods high in potassium such as:
 - Dried beans (e.g., pinto, navy, black, ranch style, or kidney beans)
 - Potatoes
 - Tomatoes
 - Sports drinks (e.g., Gatorade)

3-Day Emergency Diet (Sample Meal Plans)

If there is an emergency and you think you may have to miss your dialysis treatment, start the **3-Day Emergency Diet** right away. It won't harm you to start it sooner than you need to.

Tips

- Use fresh foods first, if you have them.
- Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or ***use it within four hours.***
- After losing power, it is safe to use food in the freezer as long as there are ice crystals in the food.
- You can freeze bread for three months in a sealed bag.
- Speak to your dietitian if you are on a gluten-free diet.
- You may want to have a mix of sugar candy and unsweetened candy.
- If you have diabetes, avoid the sweets in this diet plan. Check your blood sugar to see if you need a snack. Have some high-sugar content foods like hard candies in case you go "low" with too little sugar in your body.
- If you have diabetes, speak to your dietitian for snack ideas.
- Water is the best choice to drink.
- No sports drinks or beverages that contain phosphate.

DAY ONE (example)

Drink no more than 4 oz. of water each time you take your medicine, and remember to count this towards your daily fluid allowance.

Breakfast

Cereal and fruit:

- $\frac{1}{2}$ cup milk or mix $\frac{1}{4}$ cup evaporated milk with
 $\frac{1}{4}$ cup distilled water, from sealed containers
- 1 serving of cereal (*No bran. No granola. No cereal with dried fruits and nuts.*)
- 1 tbsp. sugar (optional)
- $\frac{1}{4}$ cup (2 oz.) fruit from a can or jar, drained

Morning Snack (optional)

- 5 vanilla wafers or $1\frac{1}{2}$ squares graham crackers
- 2 tbsp. peanut butter
- 10 hard candies or sourballs (*People with diabetes should have sugar-free candies.*)

Lunch

- Peanut or almond butter and jelly sandwich:
 - 2 slices of white bread
 - 2 tbsp. unsalted peanut butter or almond butter
 - 2 tbsp. jelly or sugar-free jelly
- $\frac{1}{2}$ cup canned or jarred fruit, drained
- $\frac{1}{2}$ cup (4 oz.) water (or beverage from shopping list)

Afternoon Snack (optional)

For people who do not have diabetes:

- 5 vanilla wafers or $1\frac{1}{2}$ squares graham crackers
- 2 tbsp. peanut butter
- $\frac{1}{2}$ cup applesauce

For people who have diabetes:

- $\frac{1}{2}$ cup applesauce

Dinner

- Chicken sandwich:

 2 slices of white bread

 ½ can (2 oz.) chicken with 2 tbsp. mayonnaise

*(These items may spoil without refrigeration once opened.)**

- ½ cup canned vegetables, drained
- ½ cup cranberry juice

Evening Snack (optional)

For people who do not have diabetes:

- 10 jelly beans
- 5 vanilla wafers or 1½ squares graham crackers

For people who have diabetes:

- 1 slice of bread
- 1 oz. (2 tbsp.) of protein (peanut butter, almond butter, chicken, or tuna)
*(Chicken and tuna may spoil without refrigeration once opened.)**

* Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or **use it within four hours.**

DAY TWO (example)

Drink no more than 4 oz. of water each time you take your medicine, and remember to count this towards your daily fluid allowance.

Breakfast

- Cereal and fruit:
 - $\frac{1}{2}$ cup milk or mix $\frac{1}{4}$ cup evaporated milk with
 $\frac{1}{4}$ cup distilled water, from sealed containers
 - 1 serving of cereal (*No bran. No granola. No cereal with dried fruits and nuts.*)
 - 1 tbsp. sugar (optional)
- $\frac{1}{4}$ cup (2 oz.) fruit from a can or jar, drained

Morning Snack (optional)

- $\frac{1}{2}$ cup applesauce
 - 10 jelly beans (*People with diabetes should have sugar-free jelly beans.*)

Lunch

- Chicken sandwich:
 - 2 slices of white bread
 - $\frac{1}{4}$ can (1 oz.) chicken with 1 tbsp. mayonnaise (*These items may spoil without refrigeration once opened.*)*
- $\frac{1}{2}$ cup canned or jarred fruit, drained
 - $\frac{1}{2}$ cup (4 oz.) water

Afternoon Snack (optional)

- 10 mints (*People with diabetes should have sugar-free mints.*)
- $\frac{1}{2}$ cup applesauce

Dinner

- Tuna sandwich:
 - 2 slices of white bread
 - $\frac{1}{2}$ can (2 oz.) tuna with 1 to 2 tbsp. mayonnaise/oil
 - (*These items may spoil without refrigeration once opened.*)*
- $\frac{1}{2}$ cup canned vegetables, drained
 - $\frac{1}{2}$ cup cranberry juice

Evening Snack (optional)

For people who do not have diabetes:

- 5 vanilla wafers or 1½ squares graham crackers
- 10 hard candies

For people who have diabetes:

- 1 slice of bread
- 1 oz. (2 tbsp.) of protein (peanut butter, almond butter, chicken, or tuna)
*(Chicken and tuna may spoil without refrigeration once opened.)**

* Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or use it within ***four hours.***

DAY THREE (example)

Drink no more than 4 oz. of water each time you take your medicine, and remember to count this towards your daily fluid allowance.

Breakfast

- Cereal and fruit:
 - $\frac{1}{2}$ cup milk or mix $\frac{1}{4}$ cup evaporated milk with $\frac{1}{4}$ cup distilled water, from sealed containers.
 - 1 serving of cereal (*No bran. No granola. No cereal with dried fruits and nuts.*)
 - 1 tbsp. sugar, optional
- $\frac{1}{4}$ cup (2 oz.) canned or jarred fruit, drained

Morning Snack (optional)

- 5 vanilla wafers or $1\frac{1}{2}$ squares graham crackers
- 10 hard candies (*People with diabetes should have sugar-free candies.*)

Lunch

- Peanut or almond butter and jelly sandwich:
 - 2 slices of white bread
 - 2 tbsp. unsalted peanut or almond butter
 - 2 tbsp. jelly or sugar-free jelly
- $\frac{1}{2}$ cup canned or jarred fruit, drained
- $\frac{1}{2}$ cup (4 oz.) juice

Afternoon Snack (optional)

- $\frac{1}{2}$ cup applesauce
- 10 jelly beans (*People with diabetes should have sugar-free jelly beans.*)

Dinner

- Salmon sandwich:

- 2 slices of white bread

- $\frac{1}{2}$ can (2 oz.) salmon with 1 to 2 tbsp. mayonnaise/oil (*These items will spoil without refrigeration once opened.*)*

- $\frac{1}{2}$ cup canned vegetables, drained
 - $\frac{1}{2}$ cup water

Evening Snack (optional)

For people who do not have diabetes:

- 5 vanilla wafers or $1\frac{1}{2}$ squares graham crackers

For people who have diabetes:

- 1 slice of bread
- 1 oz. (2 tbsp.) of protein (peanut butter, almond butter, chicken, or tuna)
*(Chicken and tuna may spoil without refrigeration once opened.)**

* Once you open a can or a frozen item, throw out the opened item if you can't keep it cold or use it within ***four hours***.

How to Disinfect Water

Keep distilled or bottled water on hand to drink. If you run out of stored water, you may disinfect water to drink, to brush your teeth, or for other uses. **It is NOT safe to use this water for dialysis.**

When using bleach to disinfect water, use PLAIN household chlorine bleach that contains 8.25% of sodium hypochlorite. Do not use bleach that has other active ingredients. For example, do not use scented bleach.

NOTE: Do not guess when measuring bleach.

To disinfect water with *unscented* household liquid chlorine bleach:

- Filter the water through a clean cloth, paper towel, or coffee filter or allow it to settle.
- Put the clear water in a clean container.
- Use liquid chlorine bleach that has been stored at room temperature for less than a year. The label must say that it contains 8.25% of sodium hypochlorite. Use the table below as a guide to decide how much bleach to add to the water.
- Double the amount of bleach if the water is cloudy, colored, or very cold.

<i>Volume of Water</i>	<i>Amount of Household Bleach to Add</i>
2 gallons	1/8 teaspoon
4 gallons	1/4 teaspoon
8 gallons	1/2 teaspoon

Stir water and bleach mixture and let stand for 30 minutes. The disinfected water should have a slight chlorine odor. If it doesn't, repeat the dosage and let stand for another 15 minutes before use.

- If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use.
- Make sure to keep this disinfected water in clean containers, sealed tightly.

NOTE:

- Listen for "Boil Water Advisories" from community officials.
- Do not drink water from a swimming pool or spa. Chemicals used to treat the water could harm you.
- Never mix bleach with ammonia or other cleaners.
- Open windows and doors to get fresh air when you use bleach.

When Your Dialysis Facility Is Closed

If an emergency or disaster happens near you, be ready with a back-up plan to get the care you need. Your dialysis facility may close because:

- There is no power or water.
- There is damage to the building.
- The weather stops facility staff from getting there safely.

Know the information by calling the CHCC Dialysis Unit, CHCC Operator, local radio stations, or looking out for signs posted outside the dialysis unit.

What to do when your dialysis facility closes:

- Call the dialysis clinic direct line or the CHCC operator to learn where and when to get treatment.
- If you cannot call your dialysis care team or your facility's emergency phone number, call your back-up facility listed on your **Personal Information Form**.
- Tell your family and household members where you will be receiving treatment.
- Start your **3-Day Emergency Diet**.
- Start limiting the fluids you drink.
- If you drive to get treatment, have directions to get to your back-up facility and practice the route before an emergency. Check road safety too if possible, including if roads are impacted by flooding, downed power lines, etc.
- Make plans for a ride to your back-up dialysis facility. This could be a car service, bus, train, taxi, or a family member, household member, caregiver, or friend.
- Listen to your local news to learn about the emergency or disaster.

When You Cannot Leave Your Home

You may need to stay home to be safe in an emergency or disaster. Officials and/or local news reports will tell you when you should stay home. Staying at home in an emergency or disaster is known as “sheltering in place.”

What to do when you cannot leave your home:

- Lock and seal windows and doors.
- Consider the specific emergency and select the safest room in your home. (ex: high winds—rooms with fewest windows)
- Keep your prescription medicines handy.
- Keep a cell phone and charger, home phone, battery-operated radio or computer with you.
- Call family, household members, caregivers, friends, and your dialysis facility to let them know where you are.
- Start your **3-Day Emergency Diet**.
- Start limiting the fluids you drink.
- Listen to your local news to learn about the emergency or disaster.
- Have your **Emergency Go-Kit** ready in case public officials tell you to leave.

When You Must Leave Your Home

To stay safe in some emergencies, you may have to leave your home. You will be safest if you know your back-up treatment options before an emergency requires you to leave. You may need to leave your home if it becomes unsafe or if you receive a required evacuation order. An order will likely come from officials within your community to ensure your protection and safety.

What to do when you must leave your home:

- Take your **Emergency Go-Kit** with you. This can be found on the **Emergency Go-Kit Checklist**
- Take your prescription medicines with you. **The Medical Supplies Checklist** tells you how much medicine to bring.
- Take your **Personal Information Form** with you
- Tell family members, household members, caregivers, friends, and your dialysis facility where you plan to go.
- If your dialysis facility is closed, call the CHCC Operator to find out where you should go for treatment.
- If you cannot contact your dialysis facility, your back-up facility is listed on your **Personal Information Form**.
- Start your **3-Day Emergency Diet** .
- Start limiting the fluids you drink.
- If you must go to a shelter, tell the person in charge that you need dialysis.
- Listen to your local news to learn about the emergency or disaster.

Emergencies during Hemodialysis Treatment

Your dialysis facility staff will show you what to do if you are on a dialysis machine during an emergency. You will practice this at least once a year at your facility. The instructions should include where your emergency pack is kept and how to disconnect yourself from the dialysis machine. An emergency pack usually contains tape, clamps, and other medical items and should be kept within your reach while you are on the dialysis machine, if possible.

If you are on a dialysis machine in an emergency, stay calm. Wait for the facility staff to tell you what to do.

At least annually, the team will discuss the “***clamp and cap***” technique and the emergency “***hand crank***” technique.

These steps are **ONLY** for emergencies in which you must leave the facility:

- Keep your access needles **IN** until you get to a safe place.
- Without instructions or supervision from the healthcare staff, NEVER cut your access needle lines. ***NEVER cut the line between the clamp and your access—you will bleed to death.***
- If you have a **CATHETER**, your staff should help you before you disconnect. Do not try to unhook yourself.

Care of Your Access in an Emergency

Once you are off of your machine, wait for someone in charge to tell you where to go. This could be a dialysis facility staff member or a paramedic, police officer, or fire fighter. Do not stop to pull out your needles until you have been checked by staff, or you are sure that you are out of danger.

Be careful! Do not let someone who does not know you touch or inject something into your access. Healthcare workers who are not familiar with dialysis may not know what a fistula, graft, or catheter is, and could harm you.

Emergency Contact Numbers

CHCC Dialysis Unit Direct Line 236-8303/04

If no one is available to answer direct line 236-8303, an automated message will play to provide updates and instructions to patients and caregivers.

CHCC Operator 234-8950

ESRD Network 17

- Toll-free Patient Line: 1-800-232-3773
- Phone: (415) 897-2400
- www.hsag.com/esrdnetwork17

Medicare

- 1-800-MEDICARE (1-800-633-4227)
- TTY: 1-877-486-2048
- www.medicare.gov

Other Dialysis facilities

- www.medicare.gov/dialysisfacilitycompare
- Call your ESRD Network (see page 38) to learn about:
 - Dialysis
 - Kidney transplants
 - Where to find dialysis facilities and transplant centers
 - How to get help from other agencies
 - What you can do when problems at your facility are not solved by talking to the staff at the facility

Your ESRD Network works to ensure that you are getting the best care, and communicates with facilities to keep staff aware of key issues about dialysis and transplants.

In addition, you can call your State Survey Agency (call 1-800-MEDICARE or 1-800-633-4227 for the phone number) for help if you have problems with your facility that you cannot solve by talking to the facility staff. The State Survey Agency makes sure that dialysis facilities meet Medicare standards.

For more information on making an emergency plan

This booklet highlights the most important items specifically needed for a dialysis patient. You can make personal emergency plans that are specific for your situation and include more details. Below are websites for Ready.gov and the American Red Cross that can help you plan in depth for an emergency.

Ready.gov

It is a good idea to have an emergency plan in place before an emergency or disaster happens. This website is a good resource to help you make your plan.

- English: www.ready.gov
- Español: www.ready.gov/es
- Other languages: www.ready.gov/languages

American Red Cross

This website can help you connect with family and household members in an emergency. Be sure they know where to look!

- English:
 - <https://safeandwell.communityos.org/cms/index.php>
 - www.redcross.org
- Español:
 - <https://safeandwell-es.communityos.org/cms/index.php>

Notes

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