



A Guide to Emergency Preparedness For Dialysis Patients



Contributors

Kevin Chason, DO

Director

Mount Sinai Health System
Emergency Management

Donald Cardone, EMT-P, CIC

Associate Director

The Mount Sinai Hospital and
The Icahn School of Medicine
Emergency Management

Maria Palakudiyil, MPH

Project Coordinator

The Mount Sinai Hospital,
Emergency Management

Joji Tokita, MD

Assistant Professor

Nephrology (Medicine)
Icahn School of Medicine at Mount Sinai

Betty Duggan

Director

NYC Medical Reserve Corps
Office of Emergency Preparedness and Response
NYC Department of Health and Mental
Hygiene

Wanda I. Medina

Senior Program Manager

Healthcare and Vulnerable Populations
Office of Emergency Preparedness and Response
NYC Department of Health and Mental Hygiene

Samantha Chik Sum Wu, MS, RD, CSR, CDN

Senior Dietitian

Mount Sinai Hospital

Nancy A. Benedetto, MS, AC

Executive Director,

Administration

Regional EMS Council of NYC, Inc.

Jennifer Carley, CHSP

Safety Specialist

Occupational & Environmental Safety
Lenox Hill Hospital

Jacob Neufeld, MPA, ABCP

Enterprise Resiliency Manager

Memorial Sloan Kettering Cancer Center

Anna Bennett

Education Coordinator

I PRO ESRD Network of New York

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My Information

Name: _____

Address: _____

Phone Numbers: _____ Cell _____

Email Address: _____

My Support Network Contact Information

Name: _____

Relationship: _____

Phone Number: _____

Cell Phone Number: _____

Email Address: _____

Name: _____

Relationship: _____

Phone Number: _____

Cell Phone Number: _____

Email Address: _____

My Health Information

My Dialysis Center Name: _____

Address: _____

Phone Number: _____

Health Care Provider Name: _____

Backup Dialysis Center Name: _____

Address: _____

Phone Number: _____

Health Insurance: _____

Member ID number: _____

Group Number: _____

My Medications: _____

Pharmacy Phone Number: _____

Transportation

I Will Call (Family/Friend): _____

Phone Number: _____

Cell Phone Number: _____

Taxi Service Number: _____

Access-A-Ride Number: _____

Car Service Number: _____

Important Steps You Can Take to Plan Ahead

Taking the time to plan ahead may save your life or the life of a loved one! This guide provides general emergency preparedness information for all New Yorkers and specific emergency preparedness information for New Yorkers on dialysis. If you are on dialysis, or have another health condition, talk to your doctor or nurse, nutritionist and care team before following any of the guidance in this document. Your health care provider can give you individualized emergency preparedness instructions.

HOME PREPAREDNESS

EMERGENCY KITS FOR YOUR HOME

A home emergency kit should include:

- ✓ 1 gallon of drinking water per person per day for 3 days at minimum
- ✓ Nonperishable foods
- ✓ First-aid kit
- ✓ Flashlights
- ✓ Battery-operated or hand-crank radio
- ✓ Whistle
- ✓ Bleach or iodine tablets
- ✓ Phone that does not require electricity
- ✓ Pet supplies (if needed)



<https://www1.nyc.gov/site/em/ready/ready-new-york.page>

TALK ABOUT PREPARING

An emergency is a serious and unexpected event that can cause people to get hurt or damage the places where we work and live. Talk about preparing for an emergency with the people you live with and discuss:

- ✓ How to call for help
- ✓ When to call for help
- ✓ Who to call if you become separated
- ✓ Keeping personal identification information with them at all times
- ✓ What alarms sound like, what they mean and how to react

EMERGENCY PLAN

- ✓ Choose an area near your home to meet at in case of an emergency. Make sure all household members, including caregivers, knows this location.
- ✓ If you have a pet, make sure the area near your home where you will meet is pet-friendly.
- ✓ Sign up for Notify NYC to get emergency text message alerts. Visit nyc.gov and search for “Notify NYC.”

- ✓ If you have children, sign up for any alerts that are available from their school.
- ✓ Know your exits and where they lead to.
- ✓ Make sure all exits, hallways and stairways are clear of clutter. Keep floors and halls clear of objects you could trip on.
- ✓ Identify a person who lives outside the local area who can serve as a point of contact for all family or household members.

NEW YORK CITY FIRE DEPARTMENT (FDNY) TOP 7 FIRE SAFETY TIPS

1. Never use an extension cord with space heaters, air conditioners or refrigerators.
2. Never smoke while lying down.
3. Stay in the kitchen while cooking and wear short or tight sleeves.
4. Install and maintain smoke alarms on every floor and in bedrooms. Smoke alarms reduce your chances of dying in a fire by half.
5. Create and practice a fire escape plan. Do not attempt to fight the fire yourself. **Get out and close the door.** Call 911 from a safe location.
6. Store matches and lighters out of reach of children. Provide continuous supervision of children.
7. Never leave burning candles unattended.

FIRE SAFETY DOs AND DONTs

DO	DON'T
Do Call 911 in Case of Fire, Smoke, Odor of Gas, or Medical Emergency	Don't Play with Matches or Fire
Do Have Working Smoke/Carbon Monoxide Alarms	Don't Overload Electrical Outlets
Do Have an Escape Plan and Practice It	Don't Use Extension Cords Improperly
Do Know if You Live in a Fire Proof or Non-Fire Proof Building	Don't Use Frayed or Cracked Electrical Cords
Do Close the Door When Escaping from Fire	Don't Leave Candles Burning Unattended
Do Keep the Fire Escapes Clear	Don't Use Fireworks
Do Know what to Do if You Catch on Fire	Don't Leave Cooking Food Unattended
Do Place Space Heaters at Least Three Feet Away from Combustibles	Don't Wear Loose Fitting Clothing While Cooking
Do Enforce a Kid-Free Zone Around Your Stove While Cooking	Don't Use Kerosene or Propane Space Heaters
Do Learn and Practice Bystander CPR	Don't Smoke or Discard of Cigarettes Carelessly

Emergency Go-Bags

Everyone should prepare an emergency *Go-Bag*. A *Go-Bag* can be a back pack or small luggage on wheels that includes the items you would need to survive for three days if you had to leave your home.

Dialysis patients should add several items to their emergency go-bag to help meet their needs in an emergency. The *Go-Bag* should include:

- Copies of the front and back of your ID and insurance cards
- Emergency phone numbers for your health care providers, your dialysis center and other nearby dialysis centers
- At least three days of your medication as well as a list of your medicines, the dosage and any instructions for taking them
- A list of any allergies and the type of dialysis you receive
- A record of your current laboratory values and treatment information
- If you have diabetes, a week's worth of supplies (syringes, insulin, alcohol wipes, your glucometer and glucose monitoring strips)
- Adequate food for three days (See Page 10 for more information)
- An extra set of car and house keys
- Copies of Credit and ATM cards, as well as cash in small bills
- Bottled water and nonperishable food such as granola bars
- A flashlight with batteries, whistle and scissors
- Battery-operated AM/FM radio and extra batteries, or a hand-crank radio
- Extra seasonal clothing, shoes, glasses and hand sanitizer
- Contact information of family, friends or neighbors

Check your *Go-Bag* every 6 months for expiration dates and replace items as needed



MEDICAL ID BRACELET

In an emergency, medical ID's can help medical workers know if you are on dialysis or are a transplant recipient. This important information will help medical personnel give you the proper care and could save your life.

Emergency Information on your Mobile phone

One of the easiest and most convenient places to keep emergency information is on your smartphone. This allows rescuers to see it without having to unlock your phone. Medical ID is a feature on iPhone. This emergency contact feature can also be downloaded as an application to Android phones called [ICE: In Case of Emergency](#). In addition, you can save a contact named "ICE" in your phone's contact list. This contact has medical information about you.

After enabling Medical ID/In Case of Emergency App, you can save useful information for rescue workers, such as your identity, allergies, medication, medical conditions, organ donor status, blood type, etc. You can also save your emergency contact's information.

Thus, with only one click on your screen, you have the ability to send text alerts to all your emergency saved contacts and also call rescue workers immediately! Your contacts will know where you are and will be able to help you!

Directions for Inputting Emergency Information to your smart phone:

iPhone

1. Open the Apple Health app
2. Tap on 'Medical ID' on the bottom right corner and enter your info under 'My info'
3. Click Continue and Tap '[Create Medical ID](#)', at the bottom.
4. Fill in as much information as is relevant to you, and make sure 'Show When Locked' is turned on (to green).
5. Make sure you assign at least one person as your emergency contact person. Save that person's name and phone number in your Contacts app for the Health app to be able to include it.
6. Hit 'Next' , review the information, and click 'Done' to save

Android

1. Check your phone's setting for an emergency contact feature which is present in certain android versions.
2. If you can't find the emergency contact field within the settings, there are many free apps for adding emergency info, but you'll need one that is accessible from the lock screen.
3. Don't use an app that sends emergency information via text messaging.
4. For Android 5.0 and later, the [ICE: In Case of Emergency](#) app lets you save important information as well as ICE names and numbers.



Emergency and Evacuation Checklist

- Keep records of your contact information with you or on your phone.
- Plan how you will contact your dialysis clinic.
- Identify your out-of-area contacts.
- Have ICE (In Case of Emergency) or Medical ID activated on your phone.
- Know which types of emergencies are likely to happen in your area such as floods, power outages or extreme weather. See the list of emergency preparedness resources at the end of this guide for more information.
- Sign up for Notify NYC for information about emergency events and important City services.
- Make an evacuation plan for how to leave your area if told to do so.
- Make a map of your evacuation route.
- Review your transportation options.
- Share your plans with loved ones.
- Practice your plan with family and friends



Food and Nutrition During an Emergency

Here are some tips on foods you should keep at home in preparation for an emergency. If you have diabetes, you should include foods that will keep your blood sugar under control. If you have a chronic or long-term illness, be sure to discuss your emergency meal plan with your health care provider.

What a Patient Should Know About Emergency Meal Planning

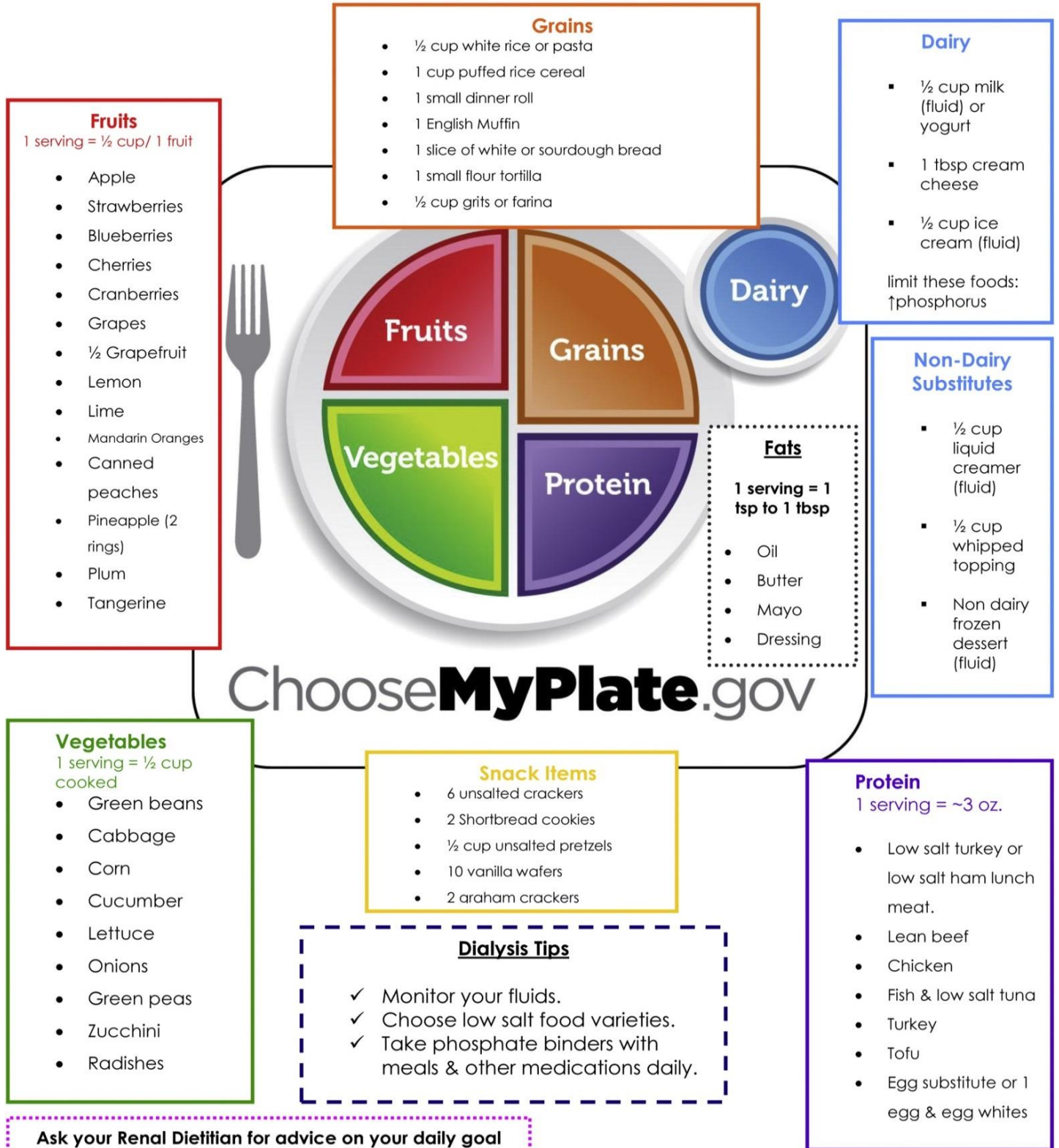
This diet information is not a substitute for dialysis but will help control fluid and electrolyte buildup while you wait to get dialysis. It is important you remain in touch with your doctor or care team so they can provide individualized instructions.

- How many fluids should I have a day?
 - Limit fluid intake to 2 cups or 16 ounces (oz.) a day.
 - This helps prevent edema or swelling and shortness of breath.
- What counts as fluid?
 - Fluids include water, milk, coffee, lemonade, soup, ice cream, tea, juice, soft drinks, gelatin, sherbet, ice cubes, popsicles, pudding, yogurt and gravy.
- What should I do if I get thirsty?
 - Chew sugar-free gum to help cope with thirst.
 - Use breath spray (usually found in oral care section)
 - Eat sugar-free lemon drops and/or mints. Sweets, such as hard candies, should be used only to correct low blood sugar. Otherwise, choose sugar-free versions.
- Are there any foods I should avoid or limit?
 - Do not use salt or salt substitutes with meals. Eat salt-free foods when possible.
 - Avoid high potassium foods such as avocados, bananas, dates, potato chips, orange juice, tomato juice and yams.
 - Eat no more than 6-8 oz. of high-protein foods a day. These include yogurt, cottage cheese, Swiss cheese, eggs, steak, pork, chicken, fish and jerky.
- What else should I keep in mind?
 - Make sure canned foods are consumed within two hours after opening.



MyPlate for Healthy Eating with Chronic Kidney Disease

Low Sodium • Low Potassium • Low Phosphorus



My Plate is an educational tool that was created by the U.S. Department of Agriculture to promote positive nutrition behaviors and balanced food choices. Individuals with chronic kidney disease that receive some form of dialysis have very different and complex nutrient needs compared with the general public. The recommended therapeutic nutrition plans for dialysis patients include limitations on phosphorus, potassium, sodium, and fluid.

You must check with your healthcare provider to determine how much you should pack for each day.

What Emergency Training Do I Need From My Dialysis Center?

What Should I Know

- **Your dialysis center should teach you how to safely disconnect yourself from the dialysis machine in the event of an emergency or disaster.**
 - o Knowing how to properly disconnect yourself during an emergency will help to minimize the risk of injury, reduce your risk of infection and ensure that you are able to quickly and safely evacuate.
 - o If you are unsure about what to do, or how to do it, ask to be shown again.
- **You should be aware of the facility's disaster plan and what to do if you need to evacuate.**
 - o You should be familiar with who is in charge during an emergency or disaster
 - o Speak with your dialysis center to find out when they conduct exercises
 - o Your facility should be holding disaster and fire drills regularly.
 - o These drills will help you know exactly what to do in the event of an emergency.
- **You should know when and from whom you can get a copy of your prescription.**

Where Can I Get the Information I Need

- **If you are new to the dialysis center, you should receive information and training upon admission on how to properly remove yourself from your machine in the event of an emergency or disaster.**
 - o This information should be given to you when you are admitted and again during regularly scheduled drills.
- **Ask your dialysis center for a schedule of their drills and exercises.**
- **Even if you are not a new patient.**
 - o It is important that you know and understand this information.
 - o If you are unsure about something, don't hesitate – ASK!
- The most important thing to remember in the event of an emergency or disaster is to remain calm.

Remember the 5 W's

A good way to remember what you need to know is to remember the 5 W's: Who, What, Where, When and Why.

Who should train you?

Your dialysis staff.

What should they train you to do?

To remove yourself safely from your dialysis machine and how to safely evacuate the facility.

Where should you receive this training?

At your dialysis facility.

When should you receive this training?

Upon admission to the facility and then every three months throughout the year.

Why should they be training you?

So you can quickly and safely exit the facility in the event of an emergency.

When Your Dialysis Center is Closed

- Call your dialysis care team or your facility's emergency phone number 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.
- Tell your family and household members where you will be receiving treatment
- Start your 3-day Emergency diet and start limiting the fluids you drink
- If you drive to get treatment, have directions to your back-up facility and check road safety
- Make plans for a ride to your back-up facility
- Listen to your local news to learn about the emergency or disaster

When You Cannot Leave Your Home

- Lock and seal windows and doors
- Consider the specific emergency and select the safest room in your house(ex: high winds-rooms with fewest windows)
- Keep your prescription medicines handy
- Keep a cell phone and charger, home phone, and computer with you
- Have your emergency Go-Bag ready in case you need to leave

When You Must Leave Your Home

- Take your emergency Go-bag with you
- Take your prescription medicines with you
- Tell family members, caregivers, and dialysis facility where you plan to go
- Call your dialysis facility to find out where you should go for treatment
- If you must go to a shelter, tell the person in charge that you need dialysis

A Dialysis Patient's Guide to Transportation in the Event of an Emergency

In the event of an emergency with advance notice (for example, a hurricane or blizzard), your dialysis center should:

- Contact you and make you aware of the coming emergency and its impact on your treatment.
- Schedule you for an earlier session at your regular dialysis center or schedule you for treatment at an alternate dialysis center.
- Redirect you to a backup dialysis treatment center, if needed.

Transportation May Include

- Personal vehicle
- Mass transit (bus, train)
- Car service/taxi
- Access-A-Ride
- Ambulette agency under contract with the dialysis center



Your dialysis center can assist you in developing an alternate transportation plan if these forms of transportation are unavailable.

Do Not Call 911

911 is not an appropriate form of transportation for patients who miss a dialysis treatment unless they have experienced the following:

- A medical emergency such as difficulty breathing, an allergic reaction, chest pain or cardiac arrest, poisoning
- Accidents such as falls

If 911 Is Called

- An ambulance will respond.
 - Pre-hospital EMS personnel treat emergencies and do not provide transportation to dialysis centers.
- The 911 ambulance will take you to the nearest hospital. You may not be able to choose the hospital.
- Once at the hospital, you may be placed in the waiting room while hospital staff members treat patients with more severe injuries.

Developing a Transportation Plan

Have a carpool plan in place in the event of a mass transit shutdown:

- Private car or van services can serve as carpool resources or shuttle options for patients who generally rely on mass transit.
- Call 311 for additional information on mass transit.

It is important to develop your transportation plan for emergencies and to understand the situations in which you should call 911. For additional assistance with developing a transportation plan, please contact your dialysis center.

Conclusion

In the unlikely event of an incident at your home or dialysis unit, taking some time to prepare in advance can make a significant difference between getting effective and consistent treatment or having to go to the emergency department. Having a plan, getting supplies, and ensuring proper nutrition is available during an emergency are some of the most important things you can do now. Make sure you talk to your provider and your dialysis unit staff about preparing BEFORE an emergency happens.

Emergency Preparedness Resources

FEMA

1-800-621-3362

[ready.gov](https://www.ready.gov)

New York State Office of Emergency Management

1-518-292-2293

nyc.gov/site/em/ready/guides-resources.page

I PRO ESRD Network of New York

1-800-238-3773

esrd.ipro.org/home/emergency-information

National Kidney Foundation

1-800-622-9010

[kidney.org/help](https://www.kidney.org/help)

Con Edison

1-800-752-6633

[coned.com/customercentral/specialservices.asp#six](https://www.coned.com/customercentral/specialservices.asp#six)

American Red Cross

1-877-733-2767

[redcross.org/prepare/location/home-family/disabilities](https://www.redcross.org/prepare/location/home-family/disabilities)

ASPCA

1-888-666-2279

[aspca.org/pet-care/general-pet-care/disaster-preparedness](https://www.aspca.org/pet-care/general-pet-care/disaster-preparedness)

The Center for Disease Control and Prevention

[emergency.cdc.gov/preparedness/kit/disasters](https://www.emergency.cdc.gov/preparedness/kit/disasters)

Special Thanks

New York City Department of Health and Mental Hygiene

Lenox Hill Hospital | Northwell Health

Memorial Sloan Kettering Cancer Center

New York City Medical Reserve Corps

Mount Sinai Kidney Center at East River Plaza

The Mount Sinai Hospital

Regional Emergency Medical Services Council of NYC (REMSCO)

New York City Emergency Management (NYCEM)

Island Peer Review Organization (IPRO)

End Stage Renal Disease Network of New York (ESRD)