



# A Guide to Emergency Preparedness For Dialysis Patients

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# My Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## My Support Network Contact Information

Name/Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Name/Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

My Health Information

My Dialysis Center Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Doctor/Nurse Name: \_\_\_\_\_

Back-Up Dialysis Center Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Health Insurance: \_\_\_\_\_

Individual Number: \_\_\_\_\_

Group Number: \_\_\_\_\_

My Medications: \_\_\_\_\_

Pharmacy Phone: \_\_\_\_\_

Transportation

I will call (family/friend): \_\_\_\_\_

Phone number: \_\_\_\_\_

Taxi Service Number: \_\_\_\_\_

Access-A-Ride Number: \_\_\_\_\_

Car Service Number: \_\_\_\_\_

# HOME PREPAREDNESS

## EMERGENCY KITS FOR YOUR HOME

A home emergency kit should include:

- ✓ 1 gallon of drinking water per person per day
- ✓ Non-perishable foods
- ✓ First aid kit
- ✓ Flashlights
- ✓ Battery operated or hand-crank radio
- ✓ Whistle
- ✓ Bleach or iodine.
- ✓ Phone that does not require electricity
- ✓ Pet supplies



## TALK ABOUT PREPARING

Tell children that a disaster is something that could hurt people or cause damage.

Explain that sometimes nature provides "too much of a good thing." – fire, rain, and wind.

Teach children:

- ✓ How to call for help
- ✓ When to call for help
- ✓ To call the family contact if separated
- ✓ To keep personal identification information with them at all times
- ✓ What alarms sound like and what they mean, and how to react



## HOME and APARTMENT PREPAREDNESS

- ✓ Identify an area near your home that all family members know to meet in case of emergency. Make sure all caregivers have this information.
- ✓ Make sure the area near your home is a pet friendly place!
- ✓ Sign up for local emergency notification text message alerts.  
(Notify NYC)
- ✓ Sign up for any alerts that are available from your child(ren)'s school.
- ✓ Know your exits!
- ✓ Make sure all exits, hallways, and stairways are clear of clutter.
- ✓ Identify a person who lives outside the local area that can act as a point of contact for all family members.

## FIRE SAFETY AT HOME

### FDNY TOP 7 FIRE SAFETY TIPS

1. Never use an extension cord with large current appliances such as space heaters, air conditioners, or refrigerators.
2. Never smoke while lying down.
3. Stay in the kitchen while cooking, wear short or tight sleeves.
4. Installing and maintaining a smoke alarm will reduce your chances of dying in a fire by half. Install alarms on every floor and in bedrooms for extra protection.
5. Plan and practice a fire escape plan. Do not attempt to fight the fire yourself. Get out and close the door. Call 911.
6. Store matches and lighters out of reach of children. Provide continuous supervision of children.
7. Never leave burning candles unattended.

# What Training Do I Need From My 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. If you are unsure about what to do, or how to do it, ask to be shown again.

Knowing how to properly disconnect yourself will help to minimize the risk of injury to you, will help reduce your risk of infection and also ensure that you are able to quickly and safely evacuate the dialysis center in the event of an emergency.

You should know who is in charge during an emergency or disaster and you should be fully aware of the facility's disaster plan; especially what to do in the event that the patients must be evacuated. This information should be given to you upon admission and again during the regularly scheduled drills held in your facility.

You should also know WHEN and from WHOM you can get a copy of your prescription

## Where Can I Get the Information I need?

The most important thing to remember in the event of an emergency or disaster is to remain calm. Your facility should be holding disaster and fire drills regularly. These drills will help you to know exactly what to do in the event of an emergency.

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. Your dialysis center should also be holding regularly scheduled drills. Speak to your dialysis staff members to find out when the last drill was, and when the next one will be.

Even if you are not a new patient, it is important that you know and understand this information. If you are unsure about something, don't hesitate- ASK!

## Just 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 be training you?**

Your dialysis staff.

### **What should they be training you to do?**

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

### **When should you receive this training?**

Upon admission to the facility, and then quarterly throughout the year.

### **Where should you receive this training?**

At your dialysis facility.

### **Why should they be training you?**

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



## 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!*

### Prepare an Emergency Go-Bag

Everyone should build a **GO BAG**. A **GO BAG** could be a back pack or small luggage on wheels that includes the items you would need to survive 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 your I.D., insurance cards, front and back
- Emergency phone numbers for your doctors, dialysis centers and nearby dialysis centers
- At least three days of your medication as well as a list of medicines, the dosage and instructions for taking
- List of any allergies and dialysis type, current laboratory and treatment information
- Record of current laboratory and treatment information
- If you have diabetes, a week's worth of supplies (syringes, insulin, alcohol wipes, glucose monitoring strips)
- Food for the 3-day emergency diet and a copy of the diet
- Extra set of car and house keys
- Credit and ATM cards as well as cash in small bills
- Bottled water and nonperishable food such as granola bars
- Flashlight, whistle, scissors
- Battery-operated AM/FM radio and extra batteries or crank radio
- Extra clothing, shoes, glasses, hand sanitizer
- Contact information of family, friends, neighbors

**\*\* Check your **GO BAG** every 6 months for expiration dates and replace items as needed.**

## MEDICAL ID BRACELET

Medical ID's can be extremely useful if you are injured or unable to talk. Medical workers need to know that you are a person on dialysis or a transplant recipient. This important information will help medical personnel to give proper care...and could save your life.



## In Case of Emergency (I.C.E.): Download the App to your phone

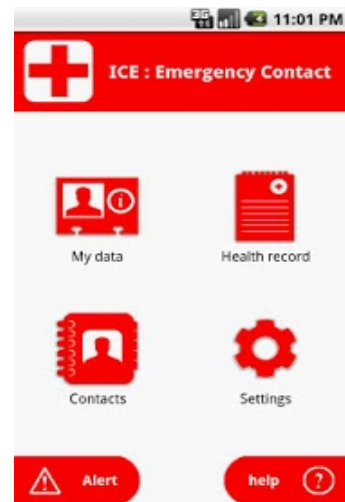
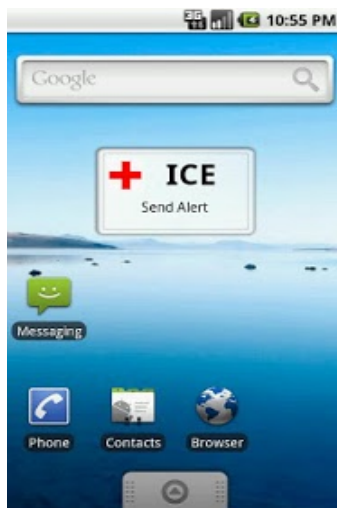
"I.C.E. = Emergency Contact" is an application that helps people who have a problem or who are victim of an accident.

After downloading the app to your phone, you can save useful information for rescue workers, such as allergies, medication, medical conditions, identity, organ donor, blood type etc. The app also lists important contacts in your phone that you wish to contact "in case of emergency".

The app has GPS coordinates which will help your saved contacts to find you in case of emergency.

***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!***

In addition, you can save a contact named "ICE" in your phone's contact list. This contact has medical information about you.



## Emergency and Evacuation Planning

- Record your **contact information**
- Plan how you will contact your dialysis clinic
- Identify your **out-of-area contacts**
- Have ICE (In Case of Emergency) on your phone, mentioned above
- Know which types of emergencies are likely to happen in your area
- **Sign up for NYC Alerts** to stay aware of pending emergencies
- Make an evacuation plan on how to leave your area if told to do so
- Make a map of your evacuation route
- Review transportation options
- Share your plans with loved ones
- **Practice your plan with family and friends!**

# Food and Nutrition

It is important to know how to prepare for emergency situations such as blizzards, hurricanes, floods, etc. Here are some tips on foods that you should store at home to prepare for possible emergencies. If you have diabetes, you should take precaution to avoid high or low blood sugar when planning emergency food storage. Discuss a meal plan with your physician.

## What a Patient Should Know About Emergency Meal Planning

**Note:** If the disaster should continue for more than 3 days, repeat the meal plan, beginning with Day 1.

This diet plan is not a substitute for dialysis but will help control fluid and electrolyte build-up while you are waiting to get to dialysis! It is important that you remain in touch with your doctor or care team so they can provide individualized instructions for your care.

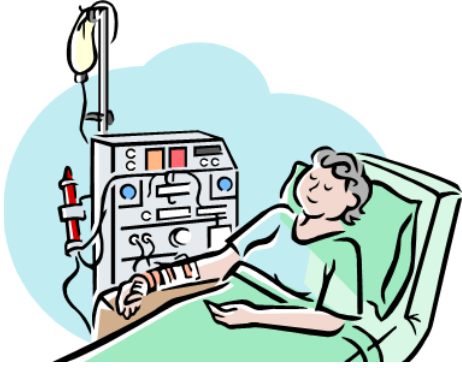
- Limit fluid intake to 2 cups or 16 oz. a day
  - Helps prevent edema or swelling and shortness of breath
- What counts as fluid?
  - Water, Milk, Coffee, Lemonade, Soup, Ice cream, Tea, Juice, Soft drinks, Gelatin, Sherbet, Ice cubes, Alcohol, Popsicles, Pudding, Yogurt, Gravy
- Chew gum to help cope with thirst
- Eat regular or sugar-free lemon drops and/or mints
  - Sweets such as hard candies, or jelly beans, should be used only to correct low blood sugar. Otherwise, choose sugar-free versions for people with diabetes
- Do not use salt or salt substitute with meals. Use salt-free foods when possible
- Make sure canned foods are consumed within 2 hours after opening
- Avoid high potassium foods such as:
  - Avocado; Banana; Dates; Potato Chips; Orange Juice; Tomato Juice; Yams
- Limit intake of protein foods to 6-8 oz/day:
  - Yogurt; Cottage Cheese; Swiss Cheese; Eggs; Steak; Pork; Chicken; Halibut; Jerky



# 3 Day Meal Prep!

*Note: Please pack accordingly.*

Item	Amount
<b>Bread/Cereal</b>	
White bread; Croissants; Doughnut; English Muffin	1 loaf
Dry cereal, unsalted, sweetened or unsweetened puffed wheat or rice, shredded wheat	6 single-serve containers or 1 box
Vanilla wafers or graham crackers or unsalted crackers	1 box
<b>Fruits/Juices/Vegetables</b>	
Canned pears, peaches, pineapple, mandarin oranges or fruit cocktail and applesauce in plastic container (choose in its own juice)	12 single-serve containers
Asparagus; Bamboo Shoots; Broccoli; Carrots; Celery; Corn; Okra; Peas (choose low sodium or no salt added)	
Cranberry and apple juice or Juice boxes or pouches of premixed fruit punch or lemonade or Powdered drink mixes (fruit-flavored, fruit punch or lemonade)	2 single-serve containers or 2 packages or 1 canister
<b>Protein</b>	
Tuna, salmon, meat, turkey, chicken, lamb, peanut butter	6 small cans, 1 jar
<b>Milk</b>	
Evaporated milk	3 small cans
Dry milk solids/ shelf stable milk/ almond milk/ rice milk	2 packages / 3 8oz cartons
Eggs	6
<b>Fats</b>	
Salad or cooking oil	1 bottle
Mayonnaise	Individual packets or 1 small jar
Margarine	1 pound or small packets
<b>Other</b>	
Distilled water	5 one-gallon jugs OR equivalent



# A Dialysis Patient's Guide to Transportation

## IN THE EVENT OF AN EMERGENCY

*In the event of an emergency (Hurricane/Blizzard) when there is advance notice, 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 or schedule you for treatment at an alternate dialysis center.
- You may be redirected to a backup dialysis treatment center.

### Routine Transportation May Include:

- Personal vehicle
- Mass Transit (bus, train)
- Car Service/Taxi
- Access-A-Ride

### Alternate Transportation May Include:

- Car Service, Taxi and/or Ambulate agency under contract to Dialysis Center
- Your dialysis center can assist you in developing an alternate transportation plan

### Do Not Call 911

- 911 is **NOT** appropriate transportation for patients who miss a dialysis treatment unless they are exhibiting other life threatening symptoms:
  - Medical Emergencies (i.e. Asthma Attack, Allergic Reaction, Cardiac Arrest, Toxicity, Poisoning).
  - Accidents (i.e. Trip and falls).

### If 911 Is Called:

- An ambulance, and maybe a fire truck, will respond.
  - These personnel treat emergencies, and do not provide routine transport.
- The 911 ambulance will **NOT** transport you to a Dialysis Center!
  - You will be brought to the nearest hospital – you may not have a choice where you are going.
  - You may be placed in the waiting room while more emergent patients are treated.

### Developing a [Transportation Plan](#)

Plan ahead:

- Have a car-pool plan in place in event of mass transit shut down.
- Private Car/Van Service – Can provide a carpooling “shuttle” option to patients that generally rely on mass transit to reduce costs.
- Call 311 for additional information on availability of Mass Transit.

# Emergency Preparedness Resources

## FEMA

1-800-621-3362

<https://www.ready.gov/>

## New York State Office of Emergency Management

1-518-292-2293

<http://www1.nyc.gov/site/em/ready/guides-resources.page>

## I PRO ESRD Network of New York

1-800-238-3773

<http://esrd.ipro.org/home/emergency-information/>

## National Kidney Foundation

1-800-622-9010

<https://www.kidney.org/help/>

## Con Edison

1-800-752-6633

<http://www.coned.com/customercentral/specialservices.asp#six>

## American Red Cross

1-877-733-2767

<http://www.redcross.org/prepare/location/home-family/disabilities>

## ASPCA

1-888-666-2279

<http://www.aspca.org/pet-care/general-pet-care/disaster-preparedness>

## The Center for Disease Control and Prevention

<https://emergency.cdc.gov/preparedness/kit/disasters/>



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**New York City Department of Health and Mental Hygiene**

**Lenox Hill Hospital | Northwell Health**

**Memorial Sloan Kettering Cancer Center**

**New York City Medical Reserve Corp**

**Mount Sinai Kidney Center at East River Plaza**

**The Mount Sinai Hospital**

**REMSCO | Regional Emergency Medical Services Council NYC**

**EM | New York City Emergency Management**

**IPRO ESRD Network of New York**

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