

# DISASTER PREPAREDNESS CHECKLIST

## Evacuation: Have a Go-Bag Ready page 1 of 2

### Water and Food

- \_\_\_\_\_ Bottled water, cranberry, or apple juice
- \_\_\_\_\_ Non-perishable foods, canned:
  - \_\_\_\_\_ Carrots, green beans, peas, corn, yellow squash
  - \_\_\_\_\_ Unsalted peanut butter
  - \_\_\_\_\_ Vanilla wafers
  - \_\_\_\_\_ Applesauce
  - \_\_\_\_\_ Fruit cup, drained
  - \_\_\_\_\_ Low-sodium or no-salt added tuna, crab, chicken, salmon, or turkey
  - \_\_\_\_\_ Emergency 3-Day Diet for Dialysis  
(See sample diet on page 5.)

### Health Documents

- \_\_\_\_\_ Picture ID
- \_\_\_\_\_ Current list of medications
- \_\_\_\_\_ Treatment prescription details
- \_\_\_\_\_ Insurance/Medicare card
- \_\_\_\_\_ Copy of monthly lab results
- \_\_\_\_\_ Contact list of healthcare members  
and facility staff
- \_\_\_\_\_ Personal emergency contacts



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## Evacuation: Have a Go-Bag Ready page 2 of 2

### Emergency Kit

- \_\_\_\_\_ Face coverings/masks
- \_\_\_\_\_ Disinfectant wipes
- \_\_\_\_\_ Flashlight
- \_\_\_\_\_ Manual can-opener
- \_\_\_\_\_ Spare glasses
- \_\_\_\_\_ Battery-powered radio
- \_\_\_\_\_ Cell phone
- \_\_\_\_\_ Cell phone charger
- \_\_\_\_\_ Warm blanket, pillow, sleeping bag
- \_\_\_\_\_ Hand sanitizer
- \_\_\_\_\_ Whistle
- \_\_\_\_\_ Note pad and pencil/pen
- \_\_\_\_\_ Disposable gloves
- \_\_\_\_\_ Medications (in a waterproof plastic bag)
- \_\_\_\_\_ Extra cash
- \_\_\_\_\_ Important documents (in a waterproof plastic bag)

### Clothes and Toiletries

- \_\_\_\_\_ Changes of clothes appropriate for your climate
- \_\_\_\_\_ Sturdy shoes
- \_\_\_\_\_ Towel
- \_\_\_\_\_ Toilet paper
- \_\_\_\_\_ Toothbrush/toothpaste
- \_\_\_\_\_ Feminine personal hygiene supplies
- \_\_\_\_\_ Sunscreen
- \_\_\_\_\_ Lip balm



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## Survival Tips

- \_\_\_\_\_ Find out which disasters are more likely to happen in your community.
- \_\_\_\_\_ Find out how you can get warnings about a disaster or emergency (Radio, NOAA weather radio, television, community email or text alerts, neighbors).
- \_\_\_\_\_ Make an evacuation plan. Where would you go? How would you get there?
- \_\_\_\_\_ Prepare for loss of indoor plumbing. Basic sanitary needs can be met by using kitty litter, fireplace ashes, or sawdust.
- \_\_\_\_\_ Keep your medicines in a waterproof plastic bag.
- \_\_\_\_\_ Have a friend or relative in another area as your emergency contact. In an emergency, local calling might be unavailable, but you may be able to call outside your area.
- \_\_\_\_\_ Wear a medical emblem. This has vital information about your condition and treatment plan and alerts medical staff to your special needs.
- \_\_\_\_\_ Utilize your Phone Medical ID App to store important medical information.
- \_\_\_\_\_ Have an extra supply of face coverings/masks and hand sanitizer, and practice frequent hand washing to avoid exposure to infection. Be on heightened alert at evacuation shelters, and practice social distancing to the greatest extent possible.



# DISASTER PREPAREDNESS CHECKLIST

## Home Emergency Kit

- \_\_\_\_\_ Keep a two-week supply of medicines and diet needs at home
- \_\_\_\_\_ Keep copies of your insurance, medical records, medications, and treatment instructions at home and with you at all times (also in a waterproof plastic bag)
- \_\_\_\_\_ First aid kit
- \_\_\_\_\_ Local maps
- \_\_\_\_\_ Water – one gallon of water per person per day for at least three days, for drinking and sanitation
- \_\_\_\_\_ Food, at least a three-day supply, nonperishable
- \_\_\_\_\_ Battery-powered or hand crank radio and NOAA Weather Radio with tone alert, and extra batteries for both
- \_\_\_\_\_ Flashlight and extra batteries
- \_\_\_\_\_ Whistle to signal for help
- \_\_\_\_\_ Dust mask
- \_\_\_\_\_ Plastic sheeting and duct tape to shelter-in-place
- \_\_\_\_\_ Moist towelettes, garbage bags, and plastic ties for personal sanitation
- \_\_\_\_\_ Wrench or pliers to turn off utilities
- \_\_\_\_\_ Manual can opener for food
- \_\_\_\_\_ Cell phone with charger, inverter or solar charger
- \_\_\_\_\_ **Plastic garbage bags are a great way to stay warm if you are out in the elements. Step into it and tie around waist to help keep warm.**



# DISASTER PREPAREDNESS CHECKLIST

## People On Dialysis

- \_\_\_\_\_ Review *Preparing for Emergencies: A Guide for People on Dialysis*, published by the Center for Medicare and Medicaid Services
- \_\_\_\_\_ If you are on a dialysis machine during an emergency, stay calm and wait for instructions from a dialysis staff member. Review this KCER resource for guidance on disconnecting yourself from a dialysis machine if a staff member is NOT available to help you. **WARNING:** If you have a catheter that is used for treatment, **DO NOT** disconnect yourself.
- \_\_\_\_\_ Ask for a copy of your dialysis care facility's disaster plan and read it carefully
- \_\_\_\_\_ Learn about your region's End Stage Renal Disease Network emergency plans
- \_\_\_\_\_ Keep your ESRD Network's toll-free number handy to get information about the nearest available medical assistance.



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## Sample Emergency Dialysis Diet

### Breakfast | Cereal and fruit

- o ½ cup milk OR mix ¼ cup evaporated milk with ¼ cup distilled water, from sealed containers
- o 1 serving of cereal (No bran. No granola. No cereal with dried fruits and nuts.)
- o 1 tbsp. sugar, optional
- o ½ can (2 ounces) fruit, drained

### Lunch | Peanut or almond butter and jelly sandwich

- o 2 slices of white bread
- o 2 tbsp. unsalted peanut or almond butter
- o 2 tbsp. jelly or sugar-free jelly
- o ½ cup canned fruit, drained
- o ½ cup (4 ounces) juice

### Dinner | Chicken sandwich

- o 2 slices of white bread
- o ½ can (2 ounces) chicken with 2 tbsp. mayonnaise (Note: These items may spoil without refrigeration.)
- o ½ cup vegetables, drained
- o ½ cup cranberry juice

### Morning Snack

- o 5 vanilla wafers or 1 ½ squares graham crackers
- o 10 hard candy or sourballs (include sugar-free options if diabetic)

### Afternoon Snack

- o ½ cup applesauce
- o 10 jelly beans (include sugar-free options if diabetic)

*For more information on emergency and disaster planning for kidney and dialysis patients, explore the KCER website which has resource pages on kidney care emergency plans, medications, food safety, COVID-19, regional emergency updates, and more at [kcercoalition.com/en/patients](https://kcercoalition.com/en/patients)*

