



Q: What supplies should I always have on hand for emergencies?

A: You never know when bad weather, fire, flood, or other problem could mean you have to live without things you normally take for granted. Be prepared with a survival kit! This list is from the Office of Homeland Preparedness and has been revised for people on dialysis:

Basic Survival

- Your medications
- Water for 3 days stored in plastic bottles with caps—1 gallon of water per healthy person per day (follow your fluid restriction)
- Food for 3 days with no refrigerator (follow your emergency meal plan)
- A hand crank opener for cans, and knife, fork, and spoon for each person to eat with

Basic Supplies

- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Cash or travelers checks, change
- First aid kit and book
- Map of the area for evacuation or for locating shelters
- Matches in a waterproof container
- A whistle to signal for help

Clothing & Bedding (per person)

- Underwear
- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket

Tools

- Utility knife
- Fire extinguisher: small canister, ABC type
- Shut-off wrench, to turn off household gas and water

Sanitation

- Toilet paper, towelettes
- Feminine supplies and personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach (no scents, added cleaners, no color safe bleach): mix 1 part bleach to 9 parts of water to disinfect. Use 16 drops of regular bleach to purify 1 gallon of water.

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Family Documents

- Copies of important family records such as insurance policies, identification, and bank account records in a waterproof, portable container

What *I* can do to stay safe in an emergency:

- Get a copy of the booklet *Preparing for Emergencies: A Guide for People on Dialysis* from my center or my ESRD Network.
- Look at the Office of Homeland Preparedness website (www.ready.gov) – at home, at a friend's, or at the library.
- Learn first aid from a class or book.
- Keep a survival kit at home, and a smaller one at work and in my car.