



ESRD National Coordinating Center
**Kidney Community
Emergency Response**



Centers for Medicare & Medicaid Services
and
ESRD National Coordinating Center

Personal Preparedness Training

Month Day Year

Introduction



- **Personal preparedness includes being ready for emergencies at home, in your car, or anywhere else you may spend time.**
- **The purpose of this training is to familiarize yourself with basic personal preparedness concepts**
- **Participants will be able to:**
 - Give reasons why preparedness is important
 - List the essential items for a preparedness kit
 - Describe the important parts of a basic plan
 - Explain how to stay informed and get involved



What is an Emergency?



- **Any incident with possible negative outcomes, whether natural or manmade**
- **Requires responsive action to supplement normal activities to**
 - Save or protect lives and property
 - Maintain or ensure the public health and public safety
 - Lessen or avert the threat of a catastrophe in any part of the United States



What is a Disaster?



- An emergency considered severe enough by local governments to warrant the response and dedication of resources beyond the normal scope of a single jurisdiction or branch of local government



Why Prepare?



- Simple preparedness steps in advance can minimize hazard impact and make a big difference in ensuring the safety and well-being of individuals, families, businesses and communities



- **Get a Kit**
- **Make a Plan**
- **Be Informed**
- **Get Involved**

Where to Prepare?



- **Home**

- Safety – the knowledge that your family is safe and family members know what to do

- **Work**

- Your ability to work; knowing family is safe

- **Other Considerations**

- By being prepared, you don't need to rely on first response resources – they can respond to critical incidents



Who Should Prepare?



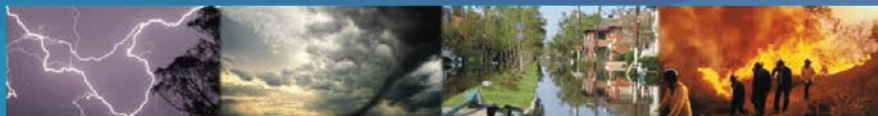
- **It Starts with You! Set the Example!**
- **Your Family**
- **Your Work Organization/Dialysis Facility**
 - Are you familiar with your workplace's/dialysis facility's emergency plans?
 - Are you and your colleagues/peers trained on emergency plans?
 - Do you know how to contact work/unit in an emergency or disaster?



Prepare a Kit (also known as a Go-Bag or Go-Kit)



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Preparing a Kit



- When disasters strike, immediate help may not be available
- Include basic supplies for your family and pets for at least 7 days
- Prepare at least 2 kits: one for home; a second smaller portable kit to take with you if you have to leave; and, if possible, kits for your office/facility or car

Make a Kit!



■ Food

- Non-perishable items that don't require refrigeration or cooking
- Renal Diet: non-perishable items
- Examples: canned food, granola bars
- Water for food preparation
- Include a manual can opener, if necessary

■ Water

- One gallon per person and pet per day, for three days
- Store in clean, sealed plastic bottles (BPA free, if possible!)
- Rotate every 6 months

■ Mess Kit

- Paper cups, plates, and plastic utensils
- Paper towels
- Garbage bags
- Moist towelettes
- Matches in Waterproof Container
- Household Chlorine Bleach and Medicine Dropper
- 9 parts water: 1 part bleach makes a good disinfectant



Make a Kit!



- **Sleeping Bags and Blankets**
- **Complete Change of Clothing**
 - Long pants and shirts
 - Sturdy shoes and socks
 - Outdoor and waterproof gear
 - Work and/or warm gloves
- **Dust Masks**
- **Radio (battery-powered)**
 - With NOAA weather alert function and extra batteries
- **Flashlight with extra batteries**



- **First Aid Kit**
 - Include specific items for your family/personal needs
 - Medications for 7 days
- **Personal Care Items**
- **Toys/Activities for Children**
- **Local Maps**
- **Whistle**
 - Used to signal for help, if trapped
- **Tools**
 - Wrench, Pliers, Scissors, Can Opener



Make a Kit!



- **Copies of Important Documents in Waterproof Container and/or Flash Drive**
 - Identification, Birth Certificates
 - Social Security Card, License
 - Medical information
 - Insurance Policies
 - Records: Home, Car, Health
 - Bank Account Records
 - Family Photos
 - Important Contact Information
 - Relatives, School, Work, Physicians, Dialysis Facility, Insurance Rep, Vendors, Maintenance and/or Mechanic



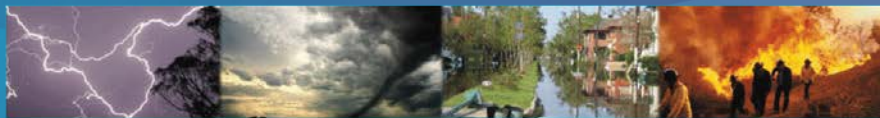
- **Cash (small denominations) and Coin**
- **Paper and Pen**
- **Pet Supplies**
 - Food and Water
 - Leash and Name Tag
 - Cage / Carrier
 - Pet Toys
 - Health Records
 - Cat Pan, Litter, Scoop
 - Plastic Bags



Make an Emergency Plan



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Make a Plan



- Sit down as a family and plan in advance what you will do in an emergency



- A well thought out plan will allow you to assess the situation, use common sense, and take care of yourself and your loved ones

Plan Components



- **Out-of-Town Contact** – In an emergency it might be easier to make a phone call out of town; designate a contact out-of-town to take roll and relay information for your family
- **School, Work, and Dialysis Facility Plans** – Learn about the emergency plans at your workplace, dialysis facility and at your children's schools
- **Meeting Places** – Choose two places to meet: one in the neighborhood; one outside of the neighborhood
- **Older Americans and Individuals with Disabilities and Special Needs** – Develop an emergency plan that considers each person's unique needs, including a personal support network to call on in the event of an emergency
- **Pets** – Plan with neighbors, friends or relatives to make sure someone is available to care for, or evacuate, your pets if you are unable to do so

Stay or Go?



Evacuation versus Shelter In Place

- In some situations authorities may urge you to evacuate
 - Hurricane, flood, fire, etc.
- In other situations, staying where you are and avoiding danger is best
- Listen to instructions from local emergency management officials
- Plan where you will go; choose several destinations in different directions

Stay or Go?



Evacuation versus Shelter In Place

- Plan driving routes; have maps and alternate routes
- If you do not have a car, become familiar with public transportation options
- Take your Emergency Supply Kit
 - Turn off utilities, if necessary
- Lock your door---why you may not want to set your alarm
- Take your pets; plan out what pet friendly lodging you will go to in advance

Stay Informed – Get Involved



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Get Informed!



- **Identify local trusted local media sources for television, radio, and internet**
- **Monitor weather developments and emergency information**
- **Listen carefully to instructions from Emergency Managers and Government Authorities**
- **Inform others identified in your plan of your decision to evacuate or shelter in place**
- **Be aware but share with care!**
 - Use discretion when sharing information with children
 - Repetitive images of damage and destruction can be harmful
 - Not all information released is verified

Get Involved!



- Think about what you will do before disaster strikes
- Keep physically fit
- Ask your employer about emergency plans
- Volunteer and Training opportunities are easily accessible
 - Learn Basic First Aid and CPR (with AED)
 - Volunteer in civic and religious groups that focus on community outreach
 - Attend free training classes

If You See Something, Say Something!



Get Involved!



**American
Red Cross**



citizen  ***corps***
**UNITING COMMUNITIES
PREPARING THE NATION**

www.citizencorps.gov

Helpful Links



- **Preparing for Emergencies: A Guide for People on Dialysis**
 - <http://kcercoalition.com/wp-content/uploads/2013/01/101501.pdf>
- **Ready.gov - Go Kit Checklist**
 - www.ready.gov/sites/default/files/documents/files/checklist_1.pdf
- **Read.gov - Family Emergency Plan**
 - <http://www.fema.gov/media-library-data/20130726-1802-25045-8282/famemeplan.pdf>

Key Takeaways



- There are many things you can do right now to prepare
- Make a kit with everything you need to be self-sufficient for at least a week
- Write a plan with everyone's concerns and plan how to shelter in place or evacuate
- Always listen to emergency managers and government officials
- Listen to verified news outlets and government agencies for up-to the minute and accurate information
- Get involved in your community and reap the benefits of helping others to prepare



Questions?



Thank You!



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This material was prepared by the
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KCER

kcercoalition.com

The Centers for Medicare and Medicaid Services (CMS), Center for Clinical Standards and Quality (CCSQ), is responsible for the oversight of the 18 End Stage Renal Disease (ESRD) Network contractors who are in turn tasked with working with the over 5,000 dialysis facilities overseeing and facilitating quality improvement initiatives. A specific area of Network responsibility is in the area of Emergency and Disaster preparedness.

CMS has awarded ESRD Network 2 (New York) a special project entitled the Network Coordinating Center (NCC) to organize and support the 18 Networks in various areas. One of the responsibilities within the NCC Special Project is the coordination of the 18 ESRD Network's local emergency management and response efforts. The Kidney Community Emergency Response (KCER) is the component of the NCC special project tasked with this responsibility. KCER is the leading authority on emergency preparedness and response for the ESRD Network community with leadership and management delegated to KCER staff under the authority and direction of CMS.



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