

Getting Ready for an Emergency When You Have Kidney Disease

When you have kidney disease, you need to be extra careful to stay safe if a big storm or other emergency happens. Use this list to make a plan.



Food and water

Non-perishable food: Have at least a three-day supply of canned and packaged food that fits your diet needs, like food that's low in potassium, salt, and phosphorus.

Water: Have at least a three-day supply of water.

Manual can and bottle opener:

These help you access canned food without power.



Your medical info

Medical ID: Wear a bracelet or carry a card that lists any conditions you have such as diabetes or kidney disease. It should also say what medicines you take and any allergies you have.

Health records: Keep your health papers, like test results, medication lists and a copy of your health insurance card, in a waterproof container.



Medication and treatment

Medicine supply: Have enough medicine for at least two weeks in a safe place. This includes medications to manage your kidney disease, blood pressure, diabetes or other conditions.

Keeping medicine cold: If some of your medicine needs to stay cold, have a cooler and some ice packs ready.

Emergency treatment: If you go to a dialysis center, ask your care team to write down the phone number for a backup dialysis center in case your regular clinic is closed. Know a few different places just in case.



Power for machines

Backup power: If you use a dialysis machine at home, have a fully charged generator or battery pack in case the power goes out.

Charging devices: Have extra battery packs to charge your phone and other devices so you can talk to your doctors and family.



People who can help

Emergency contacts: Tell the people who help you where you keep your emergency supplies.

Getting around: Make sure you have a way to get to the hospital or a safe place that can help with your health needs.

Staying in touch: Make a plan to talk to your family, friends, or caregivers often during an emergency.



Staying clean

Clean supplies: Have extra hand sanitizer, wipes, gloves, and masks to keep germs away.

It's important to talk with your healthcare provider for personalized advice about how to adjust these plans to your individual health needs. Keep your emergency plan up to date, especially if your health changes. Stay safe and prepared!

Puerto Rico Emergency Assistance Resources

Emergency Phone Numbers	
Emergency Hotline	9-1-1
Negociado de la Policía (Police)	787-343-2020 www.policia.pr.gov
Agencia Estatal Manejo de Emergencias (Emergency Disaster Hotline)	787-724-0124
Huracanes – Manejo de Emergencias	787-343-2550 www.manejodeemergencias.pr.gov/huracanes
Negociado del Cuerpo de Emergencias Médicas	787-754-2550 www.cempr.pr.gov
Bomberos de Puerto Rico (Firefighters)	787-343-2330 www.bomberos.pr.gov
LUMA Energy	1-844-888-5862 Lumapr.com
Autoridad de energia electrica	787-521-3434 www.aeepr.com
Cruz Roja de Puerto Rico (Red Cross Puerto Rico)	787-758-8150 www.redcross.org/local/puerto-rico
FEMA (Federal Emergency Management Agency)	1-800-621-3362 1-800-462-7585 (TTY)
Autoridad de Acueductos y Alcantarillados (PR Aqueducts and Sewers Authority)	787-620-2482 www.acueductospr.com
Mascotas (Pets) The Humane Society of PR	787-720-6038 www.hspr.org
Línea PAS de ASSMCA (Counseling and mental health hotline)	1-800-981-0023 https://lineapas.assmca.pr.gov/