

# Emergency Checklist

To help you prepare for an emergency, use the following suggested checklists.

A **backpack** or easy-to-carry bag to store your **emergency supplies** and personal belongings.

**Up-to-date personal information** including a copy of your ID, list of your current medications and any allergies, copy of your insurance card, emergency contact details, your doctor's number, dialysis center information and the DaVita Guest Services phone number ([1-800-400-8331](tel:1-800-400-8331)).

**Support team contact information** including phone numbers or emails for your family, friends and social worker. Fill out the Personal Information List below.

## Supplies



## Other Preparations

Update your contact information with your dialysis center if there have been recent changes.

**Make an evacuation plan.** If there's an emergency or disaster in your area and you need to leave home, have a destination and evacuation plan, and share them with your loved ones. Learn more at [ready.gov/evacuating-yourself-and-your-family](https://www.ready.gov/evacuating-yourself-and-your-family).

Make backup transportation plans. During an emergency event, public transportation or your normal mode of transport may be unavailable. **Make sure you have a backup plan.**

# Emergency Food and Water Supplies

- 4 small cans of evaporated milk or 3 containers of brick pack milk
- 1 to 3 gallons of distilled or bottled water
- Powdered drink mix (lemonade, grape drink)
- Small cans or brick packs of cranberry juice or lemon-lime soda
- Small boxes of single-serving cereal (no Raisin Bran®)
- 1 box of sugar, sugar packets or preferred sugar-free sweetener
- Canned pears, peaches, pineapple, mixed fruit and applesauce in 4-ounce single-serving containers

## My Important Information