

ARE YOU PREPARED?

September is
**National Preparedness Month &
Kidney Disaster Awareness Week**



September 23, 2013 to September 29, 2013

- ➡ Is your pantry stocked with foods for the Emergency Diet Plan?
- ➡ Do you know where to go for dialysis treatment during a disaster?
- ➡ Do you have a 2 week supply of **emergency medication**?
- ➡ Do you have a family emergency plan?

What steps are you and/or your organization taking to prepare at home, in school, at work, and in your community?

To learn how you can be prepared and maintain your health during an emergency or disaster, visit these websites:

1. **Kidney Community Emergency Response**

www.kcercoalition.com/resources.php

2. **Ready.gov**

English: <http://www.ready.gov>

Make A Plan / Build a Kit / Kids / Business

Español: <http://www.listo.gov>

3. **National Kidney Foundation** **Emergency Plans for People with Kidney Disease**

<http://www.kidney.org/atoz/pdf/DisasterBrochure.pdf>

4. **ASPCA**

Pet Emergency Supplies, Kits & Evacuation

English: <http://www.asPCA.org/pet-care/disaster-preparedness>

Español: <http://www.asPCA.org/nyc/recursos-para-personas-que-hablan-espanol/preparacion-en-caso-de-desastres>