

## **September is National Emergency Preparedness Month**

As part of National Emergency Preparedness Month, the Kidney Community Emergency Response (KCER) has designated this week Kidney Patient Disaster Awareness week. KCER is offering resources such as information cards and fact sheets on how dialysis patients can prepare for natural disasters.

One of KCER's tips involves putting together supplies for a three-day emergency diet. While it won't replace dialysis, it will help reduce the effects of being off dialysis for a few days should an emergency occur. KCER recommends stocking bottled or distilled water, foods low in phosphorous, sodium and sugar, and limiting fluid intake. More information can be found on [their website](#). If you want to learn more, you can also listen to a [recording](#) of a DPC Education Center call from May with Joan Thomas, Executive Director of KCER.

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