



KCER Watch

Safety and Health Topics: Emergency Preparedness Bulletin

July 2017

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Hot Topics

Too Hot to Handle – Take Precautions in Extreme Heat

Recently the nation has been experiencing extreme heat, with some cities reaching temperatures of more than 100 degrees. Extreme heat can be dangerous, even deadly. Heat-related deaths and illnesses are preventable. Individuals, communities, and businesses can plan for, and reduce the effects of, extreme heat. Use these tips to keep yourself and your family safe when the temperature tops-out.

Read More: <https://goo.gl/HCJ9GE>



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Preparing for Emergencies: A Guide for People on Dialysis

It is important for people on dialysis to plan ahead for emergencies and disasters in order to stay safe. Emergencies and disasters often happen without warning, so it is important to prepare before they happen. When you are on dialysis, disasters can make it hard for you to get your treatment because of changes to water, power, sanitation, or transportation. This booklet provides information to help kidney patients prepare for an emergency, including what to include in a “go-kit,” what to stock for the 3-day emergency diet, and what to do when the dialysis facility is closed.

Download it here: <https://goo.gl/L9KjFz>

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Preparing for a Hurricane or Tropical Storm



We're in the midst of storm season. Hurricanes and tropical storms are powerful natural events that can destroy lives and communities. These devastating events can't be stopped, but there are steps you can take to protect yourself and your family.

Read More: <https://goo.gl/NzBq36>

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Education/Communication

Are You Prepared? The KCER Prep Rally Campaign Can Help!



The KCER Prep Rally Campaign is a fun way to get patients and dialysis facility staff engaged in emergency preparedness. The Prep Rally Campaign uses patient-developed tools and resources designed to get patients talking with their care team, family, neighbors, and friends about their emergency preparedness plans. It also offers a creative way for patients to plan and share how they prepare for emergencies by creating selfie videos, themed photos, and a game plan sheet.

Read More: <http://kcercoalition.com/en/patients/prep-rally/>

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Protect the Skin You're In

Sunny summer days are ideal for going outside. But before you head out to bask in the rays, you may want to take steps to protect your skin.

Did you know that skin cancer is the most common cancer to develop in people who have received an organ transplant? People who receive new organs, including kidney transplant recipients, have more skin cancers than the general population because of the immunosuppressive medications they take. While those medications help to protect transplanted organs, they also increase the risk for skin cancer. Take time to understand *your* risks of developing skin cancer.

Learn More: <https://goo.gl/gJXANm>



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Wildfire Season is Underway—Take Action to Protect Yourself



Wildfires can start anywhere at any time. There are more wildfires this time of year because the potential for wildfires increases when there is little or no rainfall. Extreme dryness makes brush, grass, and trees burn more easily.

When a wildfire threatens your community, the best action you can take is to protect yourself and your family by evacuating when officials tell you to.

Read more: <https://goo.gl/2dxZjL>

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Emergency Preparedness: Creating a Family Communication Plan

Your family may not be together when disaster strikes, so plan now how you will contact one another in the event of an emergency. Review what you will do in different situations. Use this printable sheet, which can store important family member information, including contact phone numbers.

Learn More: <https://goo.gl/fRX2Pj>



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www.kcercoalition.com/kcerwatch

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