



### In this Issue

#### Hot Topics

- [Take Action to Prevent the Flu](#)
- [Disaster Assistance Grant from the American Kidney Fund](#)
- [Great ShakeOut Earthquake Drill](#)

#### Education/Communication

- [Creating an Emergency Preparedness Plan for Dialysis Patients](#)
- [Tips for Staying Safe After the Storm](#)
- [Developing a Prescription Drug Preparedness Plan](#)

### Hot Topics

#### Take Action to Prevent the Flu



The Centers for Disease Control and Prevention (CDC) says the most important step anyone can take in protecting themselves against the flu virus is to get a flu shot. The flu is a serious virus that can lead to hospitalization and even death. People with chronic illnesses, such as kidney disease, are at a higher risk of developing the flu. Reduce your chances of getting the flu and spreading it to others. Get your flu shot today!

**Read More:** <https://bit.ly/2xTxpof>

[BACK TO TOP](#)

#### Disaster Assistance Grants from the American Kidney Fund (AKF)



The AKF activated its Disaster Relief Program for patients affected by Hurricane Michael. Disaster relief grants from AKF help patients replace lost medications, special renal diet foods, clothing, and personal essentials, as well as pay for temporary housing and transportation to treatment in the event of a natural disaster. For information about the Disaster Relief Program call 1.800.795.3226 or click on the link below.

**Read More:** <https://bit.ly/2RT2EaU>

[BACK TO TOP](#)

#### Great ShakeOut Earthquake Drill

This month people from across the U.S. participated in the *Great Shakeout Earthquake Drill*. The drill is a way for families and organizations to practice their earthquake preparedness plans. Participants practiced how to *Drop, Cover, and Hold On*. If you missed the national drill, there are tools and resources you can still use to prepare yourself for an earthquake.

Read More: <https://bit.ly/2yANHkW>



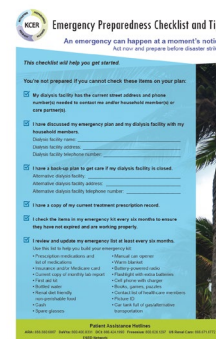
[BACK TO TOP](#)

## Education/Communication

### Creating an Emergency Preparedness Plan

An emergency can happen at a moment's notice. That's why the KCER Program urges kidney disease patients not to put off creating an emergency plan. KCER's patient volunteers have created an emergency preparedness checklist to help ESRD patients get started now!

Read More: <https://bit.ly/2xS2RD9>



[BACK TO TOP](#)

### Tips for Staying Safe After the Storm Passes

The danger isn't always over when the winds die down. Storm surges and torrential rains from a hurricane or severe storms can cause serious flooding. Floods take more lives than any other natural disaster in the U.S., and more than half of flood-related drownings occur when a vehicle tries to drive through floodwaters. Click on the link below for tips on how to keep you and your loved ones safe *after* the storm.

Read More: <https://bit.ly/2AdDYTD>



[BACK TO TOP](#)

### Know Know What to Do with Your Medicines After a Disaster Before the Disaster Strikes

Did you know that medicines can be affected by fire, flooding, or unsafe water? And do you know what you'd do if the power went out and you lost refrigeration for your temperature-sensitive medications? A natural disaster, such as a hurricane, wildfire, or earthquake, can happen at any time. Know what to do in advance of a disaster. Have a plan to store your medication and know what to look for when you inspect your medicines after a disaster has struck.



**Read More:** <https://bit.ly/2vWyZ5z>

[BACK TO TOP](#)

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[www.kcercoalition.com/kcerwatch](http://www.kcercoalition.com/kcerwatch)

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