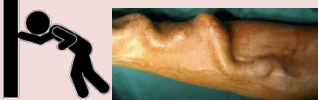









ARMED CONFLICTS and PATIENTS LIVING WITH KIDNEY DISEASE

The risks: Disasters are associated with extra risks for people living with kidney disease. These risks can be reduced with simple measures.

General measures: 1. Designate a contact person; 2. Prepare a first-aid kit, 3. Get (or prepare) a report on your medical problems and treatment regimen, 4. Store enough medications for at least 2 weeks. In addition, keep masks, gloves, a thermometer, a can opener, hand sanitizer, a miniature flashlight, batteries, matches and candles. Stock disposable eating utensils and canned / packaged rations of foods. For people with Diabetes: make sure that you have, blood glucose meter, extra insulin and syringes. Also, keep a supply of sugar, honey, candy in case of hypoglycemia.

Dietary measures	<p style="text-align: center;"> <u>Avoid high-potassium food!</u> <u>Decrease salt and fluids intake!</u> <u>Decrease protein intake!</u> </p> <p>(applies to the patients with no (or limited) dialysis possibilities)</p>			
	Hemodialysis	<p><u>Seek emergency care if you have:</u> Severe weakness of the extremities, , are swollen, have trouble breathing, your fistula is not working, fever, chest pain</p> 	<p>Learn about functioning dialysis units close to where you are</p> 	<p>Learn about how to get off the hemodialysis machine by yourself</p> 
Additional measures	Peritoneal dialysis	<p><u>Seek emergency care if you have:</u> Abdominal pain, cloudy dialysis fluid, high fever</p> 	<p>Notify local PD fluid company for prioritization of fluid delivery if you run out of supply".</p> 	<p>Stock enough PD fluids and supplies for at least 2 weeks. Know contact numbers for suppliers</p> 
	Transplant recipients	<p><u>Seek emergency care if you have:</u> Decreased urine volume, pain in the transplant kidney area, high fever.</p> 	<p>Apply very strictly infection prophylaxis measures.</p> 	<p>Keep a two-week stock of immunosuppressants. Replace expired drugs.</p> 