

TYPHOON & DISASTER

PREPAREDNESS

FOR DIALYSIS PATIENTS

Philippines | Typhoon Season: June-November

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PAGASA SIGNAL QUICK REFERENCE

1	30-60 kph	Monitor, confirm schedule, refill meds
2	61-120 kph	Contact center NOW, pack go-bag, fill 7-day meds
3	121-170 kph	Request early dialysis, prepare to evacuate
4	171-220 kph	Follow center instructions, bring go-bag
5	>220 kph	Do NOT travel. Full disaster protocol.

THIS GUIDE COVERS (10 pages):

- P2: PAGASA Signal 1-5 response plans + what to prepare now
- P3: Building your go-bag + what to do during the storm
- P4: Emergency dialysis disconnect — Clamp & Cut / Clamp & Cap
- P5: What happens to your body when you miss dialysis
- P6: PD patient special considerations during typhoons
- P7: Recovery — getting back on dialysis safely
- P8: Diet guide + emergency warning signs
- P9: Emergency contacts + evacuation checklists

CRITICAL EMERGENCY NUMBERS

911	National Emergency — chest pain, dyspnea, seizures
143	Philippine Red Cross — rescue & transport
(02) 8924-6101	NKTI — disaster dialysis coordination
(02) 8554-8400	PGH Emergency Room
(02) 8911-1406	NDRRMC Operations Center

MY EMERGENCY INFORMATION (fill in now):

My Full Name: _____ **Blood Type:** _____

Dialysis Center: _____ **Phone:** _____

Nephrologist: _____ **Phone:** _____

Dialysis Type/Freq: _____ **PhilHealth No.:** _____

Emergency Contact: _____ **Relationship:** _____

THE PHILIPPINES EXPERIENCES 20 TYPHOONS PER YEAR. A MISSED SESSION IS A MEDICAL EMERGENCY. PREPARE NOW.

1 PAGASA TYPHOON SIGNAL LEVELS WHAT EACH MEANS FOR DIALYSIS PATIENTS



PAGASA uses a 5-level system to warn the public. Your dialysis plan should match the signal level.

SIGNAL LEVEL	WHAT IT MEANS	POTENTIAL IMPACT	WHAT YOU SHOULD DO (DIALYSIS PATIENTS)
SIGNAL 1 30–60 km/h winds 	Strong winds may be experienced within the next 36 hours.	Light to moderate rain Some areas may experience flooding	<ul style="list-style-type: none"> Monitor weather updates. Confirm your next dialysis schedule. Refill maintenance medicines. Check transportation options. Start preparing your emergency bag.
SIGNAL 2 61–120 km/h winds 	Strong to gale force winds expected within 24 hours.	Heavy rain possible flooding Power interruptions may begin	<ul style="list-style-type: none"> Secure important documents. Ensure you have enough supplies for at least 3–7 days. Coordinate with your dialysis center about possible schedule changes. Avoid postponing preparations.
SIGNAL 3 121–170 km/h winds 	Gale to storm force winds expected within 18 hours.	Intense rain Flooding in low-lying areas Possible landslides Widespread power and water outages	<ul style="list-style-type: none"> Do not wait for higher signals. Go to dialysis as scheduled if safe. If not safe, contact your center immediately for instructions. Consider rescheduling early if travel risks increase.
SIGNAL 4 171–220 km/h winds 	Storm to violent storm force winds expected within 12 hours.	Very heavy to intense rain Severe flooding Widespread damage Evacuations likely	<ul style="list-style-type: none"> Follow instructions from your dialysis center. Do not travel if winds are strong or flooding is present. If in an evacuation area, inform your center where you are. Bring your emergency bag.
SIGNAL 5 >220 km/h winds 	Very destructive typhoon conditions expected within 12 hours.	Catastrophic damage Severe flooding Long-term power and water interruption Roads impassable	<ul style="list-style-type: none"> Evacuate early if advised. Do not attempt to go to dialysis. Wait for advisories from your center. Your safety is the priority. Conserve supplies. Stay calm and stay safe.

GENERAL REMINDERS FOR ALL SIGNAL LEVELS

Stay updated with official PAGASA alerts.

Keep contact numbers of your dialysis center and nephrologist.

Know your nearest evacuation centers that can support dialysis patients.

Inform your family or caregiver of your dialysis schedule and location.



Early preparation saves lives.
Plan ahead. Stay informed. Stay safe.

2 WHAT TO PREPARE RIGHT NOW — NOT WHEN A STORM IS COMING

Prepare today so you and your dialysis care are not interrupted.

MEDICAL ESSENTIALS	DIALYSIS INFORMATION	EMERGENCY BAG (GO BAG)
<ul style="list-style-type: none"> Prescription and maintenance medicines (at least 7–14 days) Phosphate binders Blood pressure and diabetes meds Dialysis ID and medical records List of allergies and conditions 	<ul style="list-style-type: none"> Dialysis center contact numbers Nephrologist contact Regular dialysis schedule Alternative centers (if possible) Insurance and PhilHealth info 	<ul style="list-style-type: none"> Waterproof bag Flashlight + extra batteries Battery-powered radio Power bank Whistle Face masks, alcohol, wet wipes Extra clothes, blanket
FOOD & WATER SUPPLIES	IMPORTANT DOCUMENTS	HOME PREPARATION
<ul style="list-style-type: none"> Drinking water (enough for 3–7 days) Low-sodium, renal-friendly foods Canned goods, ready-to-eat meals Biscuits, crackers, noodles (low sodium) Avoid high-potassium foods in emergencies (banana, orange, avocado) 	<ul style="list-style-type: none"> IDs (with 2 valid IDs) PhilHealth/insurance cards Medical certificates Emergency contact list Address of evacuation center 	<ul style="list-style-type: none"> Secure windows and doors Bring in loose items Unplug appliances Store water Check your generator or alternative power source

SPECIAL REMINDERS FOR DIALYSIS PATIENTS

- Do not skip dialysis without medical advice.
- Fluid and diet control are even more important during disasters.
- If you experience symptoms (swelling, shortness of breath, chest pain), seek medical help immediately.
- Travel only if safe. Your life is more important than your schedule.



BE READY. BE SAFE. BE PREPARED.

Disasters are unpredictable.
Your preparation doesn't have to be.

Plan

Prepare

Protect

Survive

Prepared kidneys.
Stronger you.
Safer tomorrow.



Your health is precious. Preparation today protects your life and your dialysis tomorrow.

3 BUILDING YOUR DIALYSIS EMERGENCY GO-BAG

Prepare your go-bag now and keep it ready at all times. Store in a waterproof bag and keep it near the door.



1. MEDICAL ESSENTIALS



- ✓ Prescription and maintenance medicines (at least 7–14 days)
- ✓ Phosphate binders
- ✓ Blood pressure and diabetes meds
- ✓ Pain relievers (avoid NSAIDs)
- ✓ Vitamins / supplements
- ✓ Thermometer
- ✓ Alcohol, hand sanitizer, masks
- ✓ Small first aid kit

2. DIALYSIS INFORMATION



- ✓ Dialysis information card
- ✓ List of your dialysis center contacts
- ✓ Nephrologist contact number
- ✓ Usual dialysis schedule
- ✓ Blood type and allergies
- ✓ PhilHealth / insurance information
- ✓ Recent lab results (if available)

3. SUPPLIES & EQUIPMENT



- ✓ Flashlight + extra batteries
- ✓ Power bank + charging cable
- ✓ Battery-powered radio
- ✓ Whistle
- ✓ Multi-tool / pocket knife
- ✓ Plastic bags / ziplock
- ✓ Tissues, wet wipes, trash bags
- ✓ Notebook and pen

4. FOOD & WATER



- ✓ Drinking water (at least 1–2 liters per day per person, for at least 3 days)
- ✓ Renal-friendly ready-to-eat foods
- ✓ Low-sodium canned goods
- ✓ Biscuits / crackers
- ✓ Rice / oatmeal
- ✓ Oral rehydration salts

5. PERSONAL NEEDS



- ✓ Toiletries
- ✓ Bath soap, shampoo, toothbrush
- ✓ Toilet paper
- ✓ Sanitary pads / adult diapers
- ✓ Change of clothes
- ✓ Blanket or light jacket
- ✓ Eyeglasses / hearing aid (if used)

6. IMPORTANT DOCUMENTS (KEEP IN WATERPROOF POUCH)



- ✓ Valid IDs
- ✓ PhilHealth ID / insurance cards
- ✓ Medical certificates
- ✓ List of maintenance medicines
- ✓ Emergency contact list
- ✓ Address of evacuation centers

ADDITIONAL TIPS

- Check and restock your go-bag every 3 months.
- Involve your family so everyone knows where it is.
- Have a childproof version if you have children.
- Keep a smaller pouch with you during dialysis sessions.

BE PREPARED. BE SAFE. YOUR GO-BAG CAN SAVE YOUR LIFE.

4 WHAT TO DO WHEN THE TYPHOON IS HAPPENING

STAY CALM. STAY SAFE. FOLLOW YOUR PLAN.

BEFORE THE WORST HITS

- Stay indoors and monitor updates from PAGASA and local LGUs.
- Charge all devices and power banks. Keep your radio on.
- Secure windows, doors, and loose items that can be blown away.
- Prepare food, water, and take your medicines on time.
- Review your dialysis plan and possible changes with your center.



IF YOU CANNOT GO TO DIALYSIS

- Do not miss dialysis if possible. Contact your dialysis center immediately.
- Follow instructions from your nephrologist. They may adjust your fluid and diet.
- Limit your fluid intake. Follow your dry weight goal and fluid restriction.
- Follow a low-sodium, low-potassium, low-phosphorus diet. Avoid processed foods.
- Monitor for symptoms: shortness of breath, swelling, chest pain, confusion, nausea, vomiting.

GO TO THE NEAREST EMERGENCY ROOM IF:

- Severe shortness of breath
- Chest pain
- Persistent vomiting
- Severe swelling
- Confusion or drowsiness
- Very high blood pressure

Do not wait. Seek help.

IF EVACUATION IS NEEDED

- Bring your emergency go-bag.
- Inform your dialysis center where you are going.
- Go to the nearest identified dialysis center in the evacuation area.
- Bring your ID, PhilHealth card, and medical information.
- Travel with a family member if possible.



AFTER THE TYPHOON

- Check on your dialysis center before going.
- Avoid floodwaters and areas with downed electrical wires.
- Practice good hygiene. Wash hands and use safe water.
- Resume your medicines and dialysis as soon as it is safe.
- Seek medical help if you have any new or worsening symptoms.



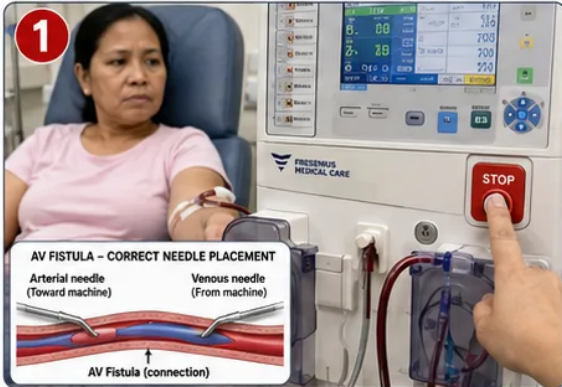
PLAN AHEAD. STAY INFORMED. PROTECT YOUR HEALTH. YOUR LIFE IS IMPORTANT. WE ARE HERE TO HELP.

PREPARED TODAY. STRONG TOMORROW.

Emergency Dialysis Disconnect — Clamp and Cut / Clamp and Cap

A life-saving procedure every dialysis patient should know.

Method 1: Clamp and Cut (AV Fistula)



Turn off blood pump.



Clamp both lines.



Remove arterial needle first.



Firm pressure 10–15 minutes, then wrap.

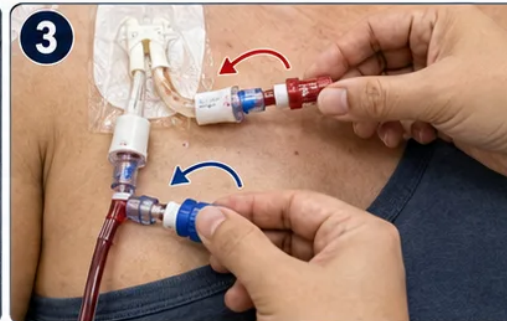
Method 2: Clamp and Cap (Central Catheter)



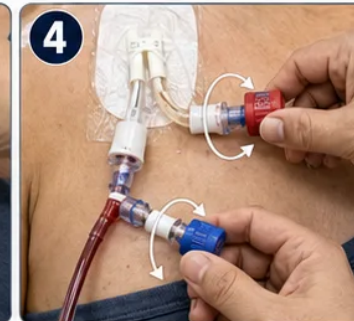
Stop the pump.



Clamp both catheter lumens.



Disconnect blood lines.



Cap both lumens immediately.

⚠
Never leave lumens open — air embolism risk.
Huwag iwanan nang bukas ang lumen

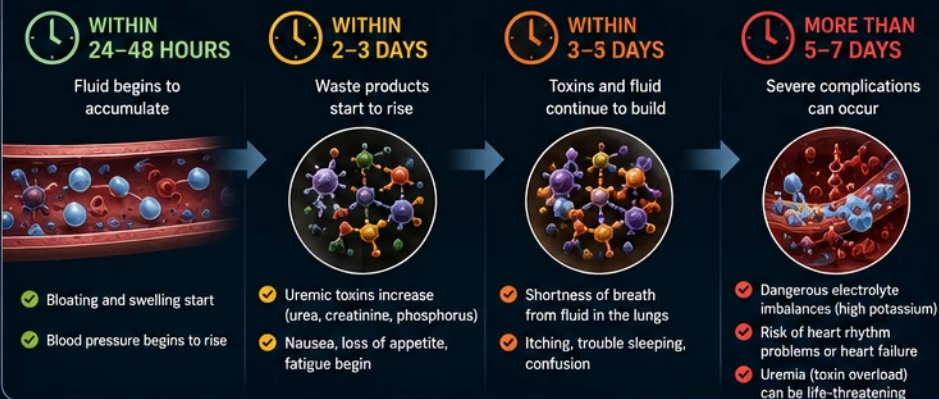
 If a lumen is accidentally left open: **lay patient on LEFT SIDE, head down. Call 911.**

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WHAT HAPPENS TO YOUR BODY WHEN YOU MISS DIALYSIS

Dialysis removes waste, extra fluid, and toxins that your kidneys can no longer clear. When you miss treatments, these substances build up quickly and can be dangerous.

THE TIMELINE: WHAT BUILDS UP WHEN YOU MISS DIALYSIS



COMMON SYMPTOMS WHEN YOU MISS DIALYSIS

- HEAD**
 - Headache
 - Confusion
 - Trouble concentrating
- FACE & EYES**
 - Puffiness
 - Swelling around eyes
- HEART**
 - Chest pain
 - Irregular heartbeat
 - Fluid around the heart
- STOMACH**
 - Nausea
 - Vomiting
 - Loss of appetite
- LUNGS**
 - Shortness of breath
 - Fluid in the lungs
- SKIN**
 - Itching
 - Dry skin
 - Pale skin

The longer you miss dialysis, the more toxins and fluid build up, putting your life at serious risk.

HOW MISSED DIALYSIS CAN HARM YOUR BODY

HEART & BLOOD VESSELS	LUNGS	BRAIN	ELECTROLYTES	BONES & BLOOD	IMMUNE SYSTEM
<p>Fluid overload and high blood pressure strain the heart and can cause heart failure or sudden cardiac arrest.</p>	<p>Extra fluid can fill the lungs (pulmonary edema), causing severe shortness of breath and low oxygen levels.</p>	<p>Toxin buildup (uremia) can cause confusion, seizures, or even coma in severe cases.</p>	<p>High potassium levels can cause dangerous heart rhythm problems or sudden death.</p>	<p>High phosphorus and low calcium weaken bones and increase the risk of fractures and vascular calcification.</p>	<p>Toxin overload weakens your immune system, making infections more likely and more severe.</p>



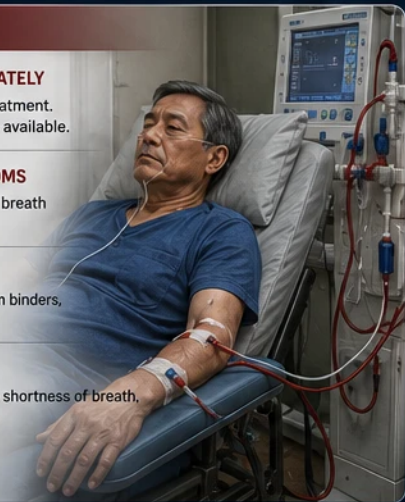
Dialysis is **life-sustaining**. Missing even a few sessions can lead to serious complications or death.



If you think you will miss dialysis due to a storm or emergency, contact your dialysis center AS SOON AS POSSIBLE. They may be able to help you find an alternative.

WHAT YOU CAN DO

- CALL YOUR DIALYSIS CENTER IMMEDIATELY**
Let them know if you cannot make your treatment. They may have other schedules or centers available.
- MONITOR YOUR WEIGHT AND SYMPTOMS**
Rapid weight gain, swelling, or shortness of breath means fluid is building up.
- FOLLOW YOUR MEDICATIONS**
Especially those for blood pressure, potassium binders, and phosphate binders.
- SEEK EMERGENCY CARE IF NEEDED**
Go to the nearest hospital if you have severe shortness of breath, chest pain, confusion, or persistent vomiting.



Do not miss dialysis. Your life depends on it.



Stay prepared. Stay connected. Stay alive. Your health is precious. Protect it.



Every session keeps you alive.

Timeline: 24-48h fluid, 2-3 days toxins, 3-5 days severe, >5 days life-threatening | Symptoms by organ | What you can do

TYPHOON PREPAREDNESS FOR PD PATIENTS

SPECIAL CONSIDERATIONS

Peritoneal Dialysis (PD) can usually be done at home even during a typhoon, but preparation is essential to stay safe, infection-free, and treatment-ready.



1. PREPARE YOUR PD SUPPLIES — AT LEAST 7–14 DAYS' WORTH

- Dialysate Bags**
Stock enough for 7-14 days.
- Drain Bags**
Have extra drain bags.
- Transfer Sets**
Keep extra sterile sets.
- Exit Site Care**
Antiseptic, gauze, masks, tape.
- Medications**
Keep all maintenance meds and extras.
- Masks & Gloves**
For you and your caregiver.
- Backup Power**
For cyclor (if used): backup or generator.

Store supplies in a clean, dry area off the floor. Check expiration dates regularly.

2. CREATE A CLEAN & SAFE PD SPACE

Keep your treatment area **clean, well-lit**, and away from contaminated water or foot traffic.

- Choose the safest, highest room in your home.
- Keep windows closed and protected.
- Use a clean table dedicated for PD.
- Keep pets away during exchanges.

WATER SAFETY

- Use only boiled or distilled water for washing if water supply is unsafe.
- Avoid areas prone to flooding during exchanges.

3. STAY CONNECTED & HAVE A PLAN

- Keep updated contact numbers:
 - PD Nurse
 - Nephrologist
 - Dialysis Center
 - Emergency Contact
- Save numbers in your phone and write them on paper.
- Know your nearest dialysis center in case you need to switch to HD.
- Have a transport plan if evacuation is needed.
- Inform your PD team **before** the typhoon hits.

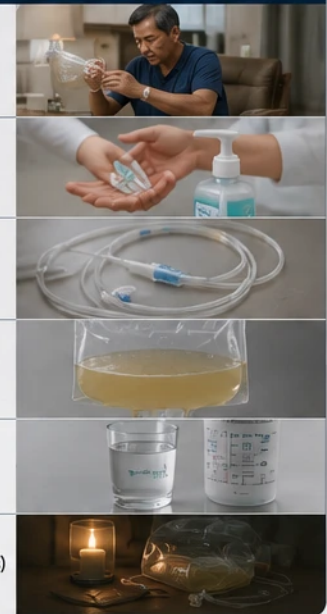
6. PROTECT YOUR ACCESS AND EXIT SITE

- Keep the exit site clean and dry.
- Change dressings as instructed.
- Do not let floodwater contact your catheter or supplies.

Infection preventant is your best protection.

4. DURING THE TYPHOON — CONTINUE PD SAFELY

- Continue your PD exchanges as prescribed unless advised otherwise by your doctor.
- Maintain strict hand hygiene and aseptic technique.
- Do not reuse any PD supplies. Use only sterile, single-use items.
- Monitor for signs of peritonitis: cloudy effluent, abdominal pain, fever, nausea.
- Stay hydrated but follow your fluid allowance.
- If power is out and you use a cyclor, do CAPD (manual exchanges) or follow your emergency plan.



IMPORTANT REMINDER

Most PD patients can safely continue treatment during a typhoon with proper preparation. Plan ahead, stay calm, and stay safe.

- Be Prepared
- Be Safe
- Stay on PD
- Protect Your Life

PREPARE TODAY. STAY SAFE. STAY STRONG. | Your PD team is here for you. Don't hesitate to reach out. | Stay connected. Stay informed.

Prepare 7-14 day supply | Clean PD space | Stay connected | Continue PD safely | Evacuation plan | Exit site protection



RECOVERY — GETTING BACK ON DIALYSIS SAFELY

After a typhoon, your body needs dialysis to remove built-up waste, extra fluid, and toxins. Returning too soon or too late can be dangerous.



YOUR SAFETY IS THE PRIORITY. TAKE IT ONE STEP AT A TIME.

1 CHECK BEFORE YOU GO

Do not go to your dialysis center unless you are sure it is safe and operating.

- Contact your dialysis center**
Call ahead to confirm schedules, capacity, and any new instructions.
- Check road conditions**
Avoid flooded roads, downed wires, and unstable areas.
- Arrange transportation**
Coordinate with family, neighbors, or rescue services if needed.
- Bring your emergency documents**
ID, PhilHealth card, recent labs, and medication list.

If your center is not available, ask about alternative centers.

2 WHAT TO EXPECT WHEN YOU RETURN

You may need adjustments after missing treatments.

- | | | | |
|--|--|--|---|
| <p>ASSESSMENT</p> <ul style="list-style-type: none"> ✓ Weight and fluid status check ✓ Blood pressure ✓ Symptoms review ✓ Lab tests (if needed) | <p>TREATMENT ADJUSTMENTS</p> <ul style="list-style-type: none"> ✓ You may need longer or more frequent dialysis ✓ Lower blood flow at first if needed ✓ Ultrafiltration (fluid removal) adjusted gradually | <p>MONITORING</p> <ul style="list-style-type: none"> ✓ Watch for low blood pressure, cramps, or dizziness ✓ Heart rhythm monitoring if you feel weak, short of breath, or have chest pain | <p>DIET & FLUID REVIEW</p> <ul style="list-style-type: none"> ✓ Follow fluid and sodium restrictions strictly ✓ Avoid eating outside food ✓ Ask your dietitian for guidance |
|--|--|--|---|

Your body needs time to rebalance. Do not skip or shorten treatments.

3 WATCH FOR WARNING SIGNS

Seek medical help immediately if you have:

- | | | | |
|---|---|--|---|
| Rapid weight gain (> 2-3 kg in a day) | Shortness of breath or trouble breathing | Chest pain or irregular heartbeat | Severe headache, confusion, or difficulty speaking |
| Severe swelling (legs, face, abdomen) | Persistent vomiting or inability to eat or drink | Very little or no urine output | Extreme fatigue, drowsiness, or fainting |

When in doubt, call your doctor or go to the nearest emergency room.

4 TAKE CARE OF YOUR ACCESS

Your access is your lifeline. Protect it.

HEMODIALYSIS (AV FISTULA / GRAFT)

- ✓ Check for bruit (thrill) daily.
- ✓ Watch for redness, swelling, warmth, or pain.
- ✓ Keep the access site clean and dry.
- ✓ Do not allow blood draws or BP measurement on that arm.

PERITONEAL DIALYSIS (PD CATHETER)

- ✓ Keep the exit site clean and dry.
- ✓ Watch for redness, discharge, or pain.
- ✓ Use only sterile supplies.
- ✓ Do not cloudy effluent immediately.

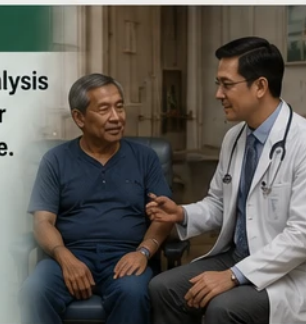
5 RESTORE YOUR ROUTINE GRADUALLY

Recovery is not just about dialysis.

- | | | | | |
|---|---|---|---|--|
| REST
Get enough sleep. Your body is recovering. | EAT WISELY
Choose fresh, renal-friendly foods. Avoid high-salt and processed <small>FOODS</small> . | CONTROL FLUIDS
Follow your fluid allowance to prevent overload. | STAY CALM
It's normal to feel stressed. Talk to your family or a counselor if needed. | KEEP IN TOUCH
Stay connected with your care team, family, and fellow patients. |
|---|---|---|---|--|

REMEMBER

Getting back on dialysis safely protects your heart, brain, and life.



RECOVER SMART. STAY STRONG. YOU CAN GET THROUGH THIS.



Dialysis is life-sustaining. Do not miss. Do not delay.



We are here for you. Together, we will get through this.



Keep this guide and share it with other dialysis patients.

Check before you go | What to expect on return | Warning signs | Protect your access | Restore routine gradually

STRICT DIET DURING MISSED DIALYSIS IS LIFE-SAVING, NOT OPTIONAL

Toxins and fluid accumulate at predictable rates. Diet discipline significantly slows accumulation.
Missing dialysis >2-3 days without medical supervision is life-threatening.

Within 24-48h

Fluid accumulates. Bloating, swelling start. BP begins rising.

Within 2-3 days

Uremic toxins rise (urea, creatinine, phosphorus). Nausea, fatigue begin.

Within 3-5 days

Shortness of breath (fluid in lungs). Itching, confusion, trouble sleeping.

>5-7 days

Dangerous hyperkalemia. Heart rhythm failure. Uremia life-threatening.

AVOID — High Potassium (K+)

- Banana (saging) — 422mg K each
- Avocado (abokado) — 975mg K each
- Coconut water (buko) — 600mg K/cup
- Camote/sweet potato — 437mg K/100g
- Camote tops, malunggay, kangkong
- Tomatoes, oranges, mangoes
- Pechay, squash (kalabasa)
- All beans and mungo
- Dried fruits, banana chips
- All fruit juices

AVOID — High Phosphorus & Sodium

- Dried fish (tuyo, daing, dilis)
- Sardinas (canned with bones)
- Nuts, seeds (mani, pili, kasuy)
- Dark cola (Coke, Pepsi)
- Chocolate, cocoa drinks
- Dairy (milk, cheese)
- Soy sauce (toyo), bagoong, patis
- Instant noodles (Lucky Me, Nissin)
- Processed meats (tocino, hotdog)
- Fast food (all types)

SAFE to Eat (small portions)

- Plain white rice (kanin)
- Egg whites ONLY — not yolk
- White bread or plain crackers
- Boiled chicken breast (discard broth)
- Boiled cucumber (pipino)
- Boiled cabbage / repolyo (discard water)
- Plain bihon or sotanghon noodles
- Small portion sayote (chayote)
- Calamansi juice for seasoning
- Plain water (bottled or boiled)

LEACHING TRICK (reduces K+ by 30-50%):

Peel & cut vegetables. Soak in water 2 hours. Boil in NEW water. Drain & DISCARD cooking water.
NEVER use soaking or boiling water as soup/sauce — all leached K+ is in that liquid.
Works for: kamote, gabi, patatas, kangkong, kalabasa, sitaw.

GO TO ER IMMEDIATELY — EVEN DURING A TYPHOON:

- Severe shortness of breath or cannot lie flat
- Chest pain / pressure / irregular heartbeat
- Extreme muscle weakness or near-paralysis
- Confusion, drowsiness, or unable to wake up
- Convulsions or seizures | Missed 2+ sessions

TYPHOON & DISASTER PREPAREDNESS FOR DIALYSIS PATIENTS — EMERGENCY CONTACTS & EVACUATION CHECKLISTS

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KEY EMERGENCY CONTACTS — SAVE IN PHONE AND WRITE ON PAPER BEFORE TYPHOON SEASON

Contact	Number	When to Call
National Emergency Hotline	911	Any life-threatening emergency — chest pain, severe dyspnea, seizures, cardiac arrest
Philippine Red Cross	143 (disaster hotline)	Rescue, emergency transport, first aid during and after typhoon
NDRRMC Operations Center	(02) 8911-1406	Coordinating emergency assistance and transport after disaster
NKTI — Disaster Dialysis	(02) 8924-6101	Emergency HD coordination after major typhoon (NCR)
Philippine General Hospital ER	(02) 8554-8400	Emergency dialysis — life-threatening missed dialysis (Metro Manila)
Baxter PH Cyler Support	1-800-10-888-8899	APD cyler malfunction during disaster — supply emergency
My Dialysis Center	_____	Session rescheduling, typhoon closure alerts, backup center referral
My Nephrologist	_____	Clinical advice, medication guidance, emergency orders during and after storm
Alternate Dialysis Center #1	_____	Pre-identified backup — call immediately if primary center is damaged or closed
Alternate Dialysis Center #2	_____	Second backup — provincial patients: nearest DOH-licensed HD center
Barangay Health Center	_____	Emergency transport coordination, priority evacuation list registration

CUT OUT — KEEP IN WALLET

Name: _____
 Dialysis Type: _____
 Center + Phone: _____
 Nephrologist: _____
 Blood Type: _____

HD PATIENT EVACUATION CHECKLIST

- All maintenance meds (7-day supply)
- Phosphate binders in labeled pill case
- BP monitor + spare batteries
- Dialysis ID card + medical documents
- Waterproof document pouch (Rx, labs, PhilHealth)
- Power bank (charged)
- Flashlight + extra batteries
- Insulated cooler (if EPO/insulin)
- 3-day safe food + water supply
- Spare clothes + blanket
- Blood pressure meds — do not miss

PD PATIENT EVACUATION CHECKLIST

- Dialysate bags (3-exchange minimum)
- Transfer sets + mini caps (sterile)
- Exit site supplies (antiseptic, gauze, masks)
- All maintenance medications
- Patient Information Card (PD Rx)
- Cyler power cable + manual procedure
- Portable power bank for cyler
- Clean cloth/towel for aseptic technique
- Boiled/distilled water (if supply unsafe)
- Masks + gloves (patient + caregiver)
- PD team contact (PD nurse, Baxter/Fresenius)

CALL 911 / GO TO NEAREST ER IMMEDIATELY — EVEN DURING A TYPHOON — IF YOU HAVE:

Severe shortness of breath | Chest pain / irregular heartbeat | Extreme muscle weakness | Confusion / seizures | Missed 2+ sessions

BEFORE TYPHOON SEASON (by May)

MEDICATIONS & SUPPLIES

- Meds refilled to 14-day supply
- Phosphate binders stocked
- BP and diabetes meds stocked
- EPO/ESA refrigeration plan ready
- Insulated cooler + ice packs

DIALYSIS PLAN

- Center typhoon policy confirmed
- Backup center #1 identified + saved
- Backup center #2 identified + saved
- Nephrologist emergency contact saved
- Disaster protocol letter obtained

DOCUMENTS

- PhilHealth card (copy, waterproofed)
- Valid ID (copy, waterproofed)
- Dialysis Rx + schedule (copy)
- Recent labs (within 3 months)
- Emergency contact list (laminated)
- Blood type card in wallet

GO-BAG CONTENTS & HOME PREPARATION

GO-BAG CONTENTS

- Waterproof bag purchased
- Flashlight + extra batteries
- Battery-powered radio
- Power bank (10,000 mAh, charged)
- Whistle + multi-tool
- Plastic bags / ziplocks
- First aid kit (small)
- Thermometer
- Manual BP monitor + batteries
- Alcohol, masks, hand sanitizer

FOOD & WATER

- 3-7 day water supply (bottled)
- Low-sodium canned goods (safe)
- Plain crackers, white bread
- White rice (uncooked, stored)
- High-K foods REMOVED from stock

HOME PREPARATION

- Windows and doors secured
- Loose items brought inside
- Appliances unplugged before landfall
- Generator/UPS checked (PD patients)
- Go-bag placed near exit door
- Family briefed on your plan

WHEN SIGNAL 2 IS RAISED (act immediately)

SIGNAL 2 ACTIONS

- Called center — confirmed open/closed
- Asked about early dialysis option
- Meds topped up to 7-day supply
- Go-bag reviewed and ready at door
- Power bank fully charged
- Cooler prepared with ice packs
- 3-day water supply confirmed
- Evacuation route confirmed with family
- Nephrologist notified of typhoon
- BP monitor with batteries ready

PROTECT YOUR DIALYSIS ACCESS

AV FISTULA / GRAFT

- Check thrill daily — feel the vibration
- No blood draws or BP on fistula arm
- Watch for redness, swelling, warmth
- Keep access site clean and dry

CENTRAL CATHETER

- Keep exit site clean and dry
- Do not get catheter wet
- Watch for redness or discharge
- Cap both lumens if disconnected

PD CATHETER

- Keep exit site clean and dry always
- Change dressing as instructed
- No floodwater contact with catheter
- Cloudy effluent = call doctor NOW

REMEMBER: Prepare before June. By Signal 2, your go-bag should be packed and your center contacted. Your life is worth protecting.