

- Cover the wound with dressing and apply pressure.
- If bleeding does not stop apply additional dressings.
- Reduce care risk: avoid direct contact with blood or other body fluids.
- Thoroughly wash your hands with soap and water immediately after giving care.

If the victim is bleeding:

- Check the scene to make sure it is safe to approach, and then check the victim.
- Call 911 if the victim is unconscious, bleeding severely, or has a life threatening injury.
- Care for the victim until emergency assistance arrives.

Emergency Action Steps:

IF SOMEONE IS INJURED

- Drop under a table or big piece of furniture.
- Cover your head and neck with your arms.
- Hold on until the shaking stops.
- Wheelchair users: Apply the brake. Cover your head with your arms.
- Drivers! Pull over: Do not block the street. Stay in your car.
- Expect aftershocks, each time you feel one, DROP, COVER, AND HOLD ON.
- Watch for falling objects and power lines.
- Check and care for injuries to yourself and others.
- Check your home and extinguish small fires. If you smell gas, turn off the gas line and leave the building.

After the quake:

During the quake:

EARTHQUAKE

EMERGENCY CARD

PHARMACY NAME & PHONE NUMBER

NEPHROLOGIST NAME & PHONE NUMBER

DIALYSIS CLINIC NAME & PHONE NUMBER

NAME

I AM A DIALYSIS PATIENT



American Red Cross

Bay Area Chapter

1-877-773-7229

WWW.REDCROSSBAYAREA.ORG

EMERGENCY CONTACT CARD EMERGENCY CONTACT CARD

Working in Partnership with
Western Pacific Renal Network
1-800-232-3773
www.esrdnet17.org



EMERGENCY CONTACT

LOCAL

Name

Home/Cell

Work

If you and your loved ones are separated during a disaster, each person should call the designated contact person to report his/her location and condition. This contact should be out-of-state because it is often easier to call long distance after a disaster.

OUT-OF-STATE

Name

Home/Cell

Work

EMERGENCY MEETING PLACES

So you can reunite with your loved ones in case of a disaster, identify your own meeting places and know the evacuation sites.

Near Home (example: across the street, street corner)

Out of the Neighborhood (example: park, public building)

Dialysis clinic evacuation site (example: across the street, corner)

Other evacuation site (example: work or school parking lot)

EMERGENCY CARD

FIRE

In case of fire:

- Choose the safest escape route from building.
- If you are behind a closed door, feel the door before you open it. If the door is hot, find another way out.
- If you exit through the smoke, drop to the floor and crawl. Get out as fast as you can.
- Once you are out, **STAY OUT!** Never go back into a burning building.
- If you cannot exit safely, go to a window and signal for help or call for help.

Think **PASS** to use a fire extinguisher, in small fires:

- Pull the Pin.
- Aim the nozzle at the base of the fire.
- Squeeze the handle.
- Sweep the nozzle from side to side.

FOLLOW LOCAL EMERGENCY OFFICIALS' ADVICE

If asked to:

- Evacuate - Take your disaster supplies, family pet(s) and secure your home.
- Shelter in Place - Close and lock windows, doors and heat cooling vents. Place wet towels under the door or any place outside air may enter.
- Extended Home Stay - If a pandemic occurs, you may be asked to limit your public exposure. Follow the instructions of your Public Health Department. Reduce your need to go out during a local flu pandemic by stocking extra food, water and supplies at home.

Listen to your radio or television for further instructions