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