Disaster management
Supporting the needs of people with Kidney Disease

Have you got:
- two weeks worth of medication
- Resonium
- a safe place to stay
- all emergency contact numbers?

Remember to give the dialysis unit your correct contact details.

During a disaster it is vital to remember:
- to reduce your usual daily fluid intake
- reduce potassium intake by avoiding the following:
  - fruits–bananas, stone fruit, dried fruit, pineapple and tomato
  - veggies–potato, sweet potato, pumpkin, baked beans and avocado
  - iced coffee, chocolate and potato chips
  - yoghurt
  - fruit and veggie juice.
- call the dialysis unit on your dialysis day for further instructions
- take your Resonium on your dialysis day.

What is Resonium
- Resonium is a medication that will lower your potassium levels
- you have been given a bottle containing 30g Resonium.

How to take Resonium
- fill the bottle with fresh clean water
- place lid back on bottle and shake, until the contents are mixed
- drink straight away.
Renal Services contact details

**Nambour**
Nambour Haemodialysis Unit
Ph: 07 5470 6894

**Nambour Home Therapies**
Home Haemodialysis unit
Ph: 07 5470 6387

Peritoneal Dialysis unit
Ph: 07 5470 6087

Nambour Renal Outpatients Department
Ph: 07 5470 6504

**Gympie**
Gympie Haemodialysis Unit
Ph: 07 5489 8679

Gympie Renal Outpatients Department
Ph: 07 5489 8481

**Caloundra**
Caloundra Haemodialysis Unit
Ph: 07 5436 8522

Caloundra Renal Outpatients Department
Ph: 07 5436 8516

In the event of a natural disaster:

- Advise the dialysis unit as soon as possible if you will be unable to attend your usual dialysis session.

- A natural disaster can include flood, earthquake, cyclone or fire that causes great damage or loss of life.

Useful resources:

Dial 000 for police, fire or ambulance services. Only in serious or life-threatening situations.

  - Phone: 132 500. Call this number when you need your local SES for storm and flood emergencies

For traffic reports and road conditions

- If possible, listen to your local radio stations or watch TV.