



ESRD Network Coordinating Center
**Kidney Community
Emergency Response**



National Preparedness Month

Kidney Patient Disaster Awareness Week

THURSDAY:

Pandemic Flu Preparedness

According to the Centers for Disease Control and Prevention (CDC), in the Northern Hemisphere, winter is the time for flu, but the exact timing and duration of flu seasons vary. Flu outbreaks can happen as early as October and ESRD patients and their providers must be prepared!

- ☐ Get the flu shot or nasal flu spray
- ☐ Wash your hands
- ☐ Cover your cough
- ☐ Plan for pandemic

September is **National Preparedness Month** which is geared towards building awareness and encouraging Americans to take steps to prepare for emergencies. For people receiving dialysis or living with a kidney transplant, preparing can mean the difference between life and death.

Printable Publications

- ✓ [KCER Pandemic Flu Planning Checklist PDF](#)
- ✓ [CDC Pandemic Flu Planning Checklist PDF](#)

BE DISASTER AWARE



TAKE ACTION TO PREPARE

Web Resource

<http://kcercoalition.com/wp-content/uploads/2013/01/PANDEMICFLUPLANNINGCHECKLIST2.pdf>



AMERICA'S
PrepareAthon!

