

## DO YOU OR A LOVED ONE HAVE DIABETES AND USE INSULIN?

**Make a plan to stay healthy during natural disaster or emergency**

Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Building a “diabetes kit” now can save a lot of worry and time when a disaster strikes. A checklist template is included for your use.



**Your diabetes kit can be stored in an easy-to-carry waterproof bag or container** to hold the documents, information, and supplies that you will want to have with you.

### **Important Information to Keep In Your Kit - Write down or copy the following:**

- Type of diabetes you have
- Other medical conditions, allergies, and previous surgeries
- Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.
- Previous diabetes medications you have taken
- A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.
- A copy of your most recent laboratory result, like A1C results
- Make, model and serial number of your insulin pump or CGM. Include pump manufacturer’s phone number in case you need to replace your device.
- Doctor’s name, phone number, and address
- Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.
- A copy of your health insurance card
- A copy of your photo ID
- Cash



*Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan. For additional emergency preparation resources for people with diabetes, visit: <http://mydiabetesemergencyplan.com/>*

## Diabetes Supplies

- Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed.



**If you lose power and you have unused insulin, don't throw it out! In an emergency, it is okay to use expired or non-refrigerated insulin.**



- Protect your insulin pump from water.
- Supplies to check your blood sugar, like testing strips and lancets. Don't forget extra batteries!
- Extra supplies for insulin pump or CGM
- Cooler and reusable cold packs
  - Note: Do NOT use dry ice and do not freeze the medication
- Empty plastic bottle or sharps container to safely carry syringes, needles and lancets
- Items to treat high blood sugar such as pump supplies (infusion sets) and/or syringes
- Items to treat low blood sugar (hypoglycemia), like:
  - Juice
  - Regular soda
  - Honey
  - Hard candy (not sugar-free)
  - Glucose tablets
  - Glucagon

## Other Supplies to Pack



- 2-day supply of non-perishable ready-to-go food, like:
  - Pre-packaged tuna, beans, cheese and cracker snacks etc.
  - Nuts or nut butters
  - High-fiber/protein granola bars
  - Dried fruits
  - Anything according to dietary restrictions
- A 3-day supply of bottled water (or more)

- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms
- First aid supplies like bandages, cotton swabs, and antibiotic ointments or creams
- Extra clothing, including socks and undergarments
- Cell phone and charging supplies for phone and pump including battery pack
- Flashlight and batteries

## Other Recommendations

- Make sure that all your vaccinations are up-to-date.
- Choose a meeting place with your family in case you are separated. Write down location and include in your kit.
- Wear a medical ID or medical alert bracelet or other form of identification in case you are evacuated to a relief shelter.
- For children, write down name of school, address and phone number.

