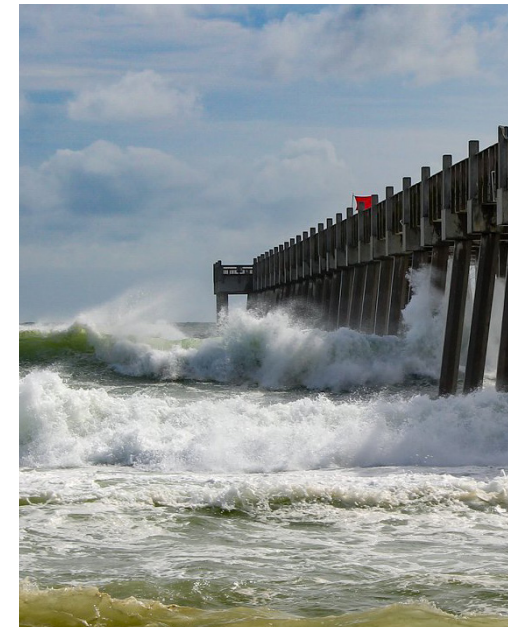




Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Changes in your blood sugar may occur in response to stress, unpredictable mealtimes, and strenuous work preparing for, or cleaning up after, a disaster. Do your best to maintain your meal plan and eat at the same time every day. Building a “diabetes kit” now can save a lot of worry and time when a disaster strikes.

# DIABETES CARE DURING DISASTERS



## LEARN MORE

at [BeReadyEscambia.com](http://BeReadyEscambia.com)

### BE READY

#### Helpful Hints about insulin.

- Insulin may be at room temperature (59-86 degrees) for 28 days
- Insulin should not be exposed to excessive light, heat, or cold
- Rapid acting insulin, Regular insulin, Lente and Ultralente should be clear
- NPH insulin is cloudy and needs resuspension after rolling
- Insulin that clumps or sticks to the sides of the bottle should be discarded

**Always wear a medical ID or medical alert bracelet of other form of identification.**





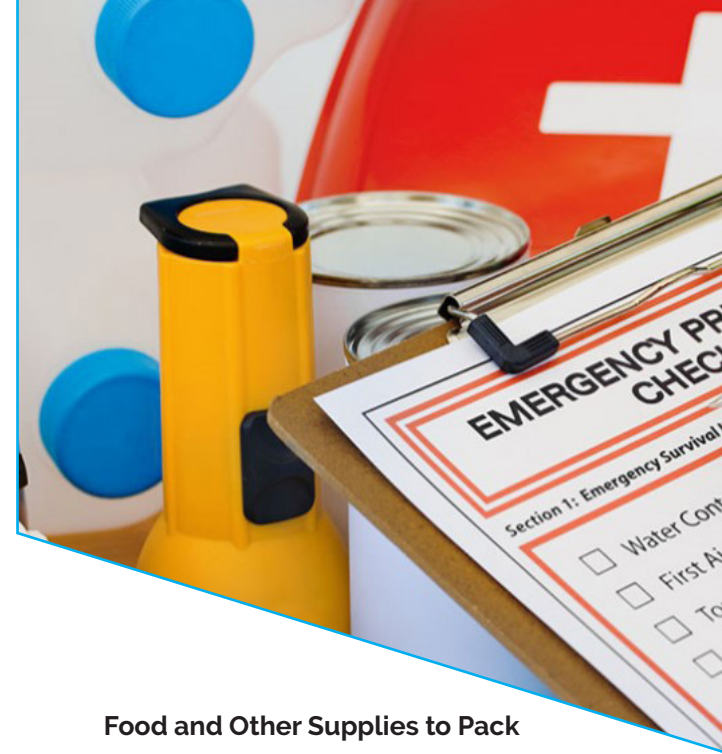
**Your diabetes kit** should be stored in an easy-to-carry waterproof bag or container to hold the documents, information, and supplies that you will want to have with you. Always protect your insulin pump from water.

## YOUR KIT Important Information to Keep in Your Kit.

- A document with the type of diabetes you have and other medical conditions and allergies
- List of current medications, doses, and time you take them
- Serial number of your insulin pump or continuous glucose monitor (CGM)
- Pump and CGM manufacturer phone numbers
- Document for others that identifies signs of high and low blood sugar
- Name, address and phone number for your doctor and pharmacy
- Phone numbers and email addresses for your family and emergency contacts. Include out-of-town contacts that may not be impacted by the emergency
- Copy of your health insurance card
- Copy of your photo ID
- Cash

## Diabetes Supplies to Have in Your Kit.

- A two-week supply of all medications, including insulin and Glucagon, if prescribed.
- Review storage guidelines for all of your diabetes medications
- Supplies to check your blood sugar, like testing strips and lancets.
- Extra supplies for insulin pump or CGM
- Hand sanitizer
- Charging supplies or extra batteries for your meter and other equipment
- Cooler and reusable cold packs (Do NOT use dry ice and do not freeze the medication)
- Empty plastic bottle or sharps container to safely carry syringes, needles and lancets
- Supplies to treat high blood sugar such as pump supplies (infusion sets) and/or syringes
- Items to treat low blood sugar (hypoglycemia), such as:
  - juice, regular soda,
  - hard candy (not sugar-free),
  - glucose tablets



## Food and Other Supplies to Pack

- 3-day supply of non-perishable food:
  - Packaged nuts
  - Jar of peanut butter
  - High-fiber/protein granola bars
  - Dried fruits and canned fruit packed in water or 100% juice
  - Box of crackers
  - Packets of cheese and crackers
  - Cans of tuna or salmon
  - Small box of powdered milk
- Plastic eating utensils
- A 3-day supply of bottled water (1 gallon per person per day)
- Mechanical can opener
- Pen/pencil and notepad to record blood sugar, test results and new signs/symptoms
- First aid supplies like bandages, alcohol wipes, cotton swabs, and antibiotic ointments
- Extra clothing, including socks, undergarments and closed toe shoes
- Cell phone, charger and car charger
- Flashlight and extra batteries