TIPS FOR INDIVIDUALS WITH DIABETES



- **✓** List of the following information:
 - Type of diabetes
 - · All of your medical conditions, allergies and prior surgeries
 - All medications (include pharmacy contact information, active prescription information and eligible refills)
 - Previous diabetes medications and reason for discontinuation
 - Contact information for all your healthcare providers
- ✓ Letter from your diabetes healthcare providers with most recent diabetes medication regimen (if taking insulin)
- **✓ Most recent laboratory results** (A1C, kidney and liver tests)
- **★** As possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
 - Include insulin and a severe hypoglycemia emergency kit - if prescribed (always check expiration date)
- ✓ Blood glucose testing supplies and, if possible, 2 glucose meters with extra batteries
- ✔ A cooler for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go

*Note: Do not use dry ice and avoid freezing the medication

- **✓ Empty plastic bottles or sharps containers for** syringes, needles and lancets
- **✓** Source of carbohydrate to treat hypoglycemic **reactions** (glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- **★ A 2-day supply of nonperishable food** (peanut butter, cheese crackers, meal replacement shakes or bars, etc.)
- ✔ At least a 3-day supply of bottled water
- ◆ Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- ✓ First aid supplies like bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)
- ✓ Wear shoes at all times and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition

Source: https://www.empoweryourhealth.org/diabetes-disaster-plan3



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