

TIPS FOR INDIVIDUALS WITH DIABETES

HURRICANE PREPAREDNESS

✓ 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>