## Objective:
The participant will be able to:

1. Prepare a family communication plan.
2. Assemble an emergency preparedness kit, including supplies specific to diabetes.
3. Identify guidelines to help protect health.
4. Be informed about available resources.

### Slide 1
Being Prepared for a Disaster: When you have diabetes

*There is no way to predict when or where a natural or man-made disaster will occur. Being prepared at home, work/ school and in your community is the best way to be ready for the unexpected.*

### Slide 2
Be Prepared for a Disaster

- Make a communication plan
- Build a disaster supply kit
- Be informed
- Take safety measures
- Health tips
- Know your resources

### Slide 3
Be prepared before the disaster at:

- Home
- School
- Work
- Your community

### Slide 4
Prepare a family communication plan.

A communication plan will help you be sure that all family members will know what to do, where to meet and who to call should an emergency occur.

The plan should include a meeting place on or near your property and a location away from your home.

Include contact information (preferably a phone number) for an out of town relative or friend can be helpful when communications are down throughout the area.

It is important to have plans in place for home, if you have children, include school information. Ask your employer what, if anything will be required of you in case of a community disaster.

### Slide 5

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Permission is granted to instructors to adapt any of the materials in this curriculum for classroom use, if the following line is added: “These materials were adapted from the Diabetes Self-Management Education Curriculum, Kentucky Diabetes Prevention and Control Program, 2011.”
It is important to prepare a communication plan and share it with all of your family members.

Should a disaster occur you will not have to worry about where family members when they following the plan.

**Step Two**

**Assemble a disaster supplies kit.**

Include enough supplies, for each family member for *at least* three days. Do not forget supplies for your pet(s).

- Kit should include: unique family needs i.e. medications, fresh water, and food, provisions for fresh air, basic emergency supplies, and warm clothes if you live in cold weather climate.
- Once the kit has been assembled, consider build personal kits for each family member. These kits are useful if the family is evacuated.
- Remember to maintain the kits; check expiration dates on foods, water, and medications.

**Step Three**

**Be informed** about what disaster(s), natural or manmade might occur in your community.

Ready.gov website reports that the most common natural disasters in the US are flooding and home fires.

Being Prepared for a disaster is not just a concern for people who live in earthquake or hurricane prone areas, but also a responsibility for all of us. It is important to be aware of what natural disasters are likely to occur in your community.

Include list for essential contents of a disaster supplies kit. FEMA has produced a 200+ page Citizen Readiness Document that includes detailed emergency preparedness information.


Example of Basic Kit Supplies:
- Communicator plan
- One gallon water/day/person
- At least three-day supply of non-perishable food
- Unique family needs such as medications and other supplies
- Face masks or dense

Stress the importance of a personal kit that includes medications and other special needs items. The personal kit is used if family members are evacuated.

A family disaster kit includes supplies for all family members for a period of at least three days.

Emphasize the importance of including provisions for fresh water, food, and clean air.

For participants with diabetes stress the importance of including medications/insulin and...
Tsunamis and hurricanes may not be a problem in our state but tornadoes, floods, forest fires and even earthquakes can be a real threat to people in Kentucky.

Man-made disasters such as a biological, chemical, radiation or nuclear threat can affect anyone of us.

It is the responsibility of all citizens to know what might occur, have a plan for what you and your family will do in the event of a natural or man-made disaster. Some disasters are easy to predict but others happen without warning. Planning what to do in advance is an important part of being prepared.

Don't forget about your health when a disaster hits

If you have diabetes:

- Try to stick to your meal plan and avoid unhealthy foods
- Check your feet & skin everyday and treat sores right away
- Make sure to take & record your blood sugar at least once a day or more
- Continue to take your medications as prescribed
- Wear diabetes identification
- Seek medical help when needed right away
- Stress can cause blood sugar to rise
- Seek shelter from extreme weather
- Do not over exert yourself
- Stay hydrated by drinking plenty of water
- Follow your sick day guidelines
- Rest

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<td>weave cotton materials for nose and mouth protection</td>
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<td>- Basic first aid kit</td>
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<td>- Battery powered weather radio and flashlight</td>
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<td>- Extra batteries</td>
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<td>- Cash or credit cards</td>
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<td>- Important Family Documents</td>
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For detailed information about assembling emergency supplies for individuals with diabetes refer to:

BD Getting Started Planning Your Diabetes Care… During Disaster Conditions

Display samples of real communications plans, disaster supplies kits and community readiness information.
Local Resources
- Emergency Management office
- Local health department
- Local police and fire department
- Red Cross / Salvation Army
- HSRA (Health Services Resource Administration)

State Emergency Resources
Kentucky Office of Homeland Security
- 1-866-797-KOHS or 5647

Federal Resources
- Federal Emergency Management Agency
  - 1-800-621-FEMA or 3362
  - http://www.fema.gov
  - Ready.Gov
- National Weather Service
  - http://www.nws.noaa.gov/
- Centers for Disease Control
  - 1-800-CDC-INFO or 232-4636
  - www.bt.cdc.gov/disasters

National Resources
- American Red Cross
  - http://www.redcross.org/preparedness/cdc_english/CDC.asp
- Salvation Army
  - 1-800-SAL-ARMY or 725-2769
  - http://salvationarmyusa.org

Stress to participants that challenges to emotional/mental health during a disaster is not uncommon.

Reinforce the idea of Being Prepared- stress the importance of maintaining the plan, the disaster supplies kit and keeping current about possible events in participant’s community.

Work with the participants to begin writing their family communication plan, building a disaster supplies kit or becoming more aware of
REMEMBER:
The best way to be safe during a disaster is to be prepared before the disaster!

- Make your plan
- Build and maintain your kit
- Know what might happen
- Organize and practice a family drill
- Don’t forget your health

Identify and write down a personal goal.