Health Tips to Remember

1. Stick to your meal plan.
2. Check your feet and skin everyday.
3. Check your blood sugar at least once a day.
4. Take medicines as prescribed.
5. Wear Diabetes ID.
6. Seek medical help when needed.
7. Stress can cause your blood sugar to rise.
8. Seek shelter from extreme weather.
9. Don't overexert yourself.
10. Stay hydrated — drink plenty of water.
11. Follow your sick day guidelines.
12. Rest.

Know your Resources

LOCAL
- Emergency Management Office
- Local health department
- Local police and fire department
- Red Cross/Salvation Army

STATE
- Kentucky Office of Homeland Security
  1-866-797-KOHS or 5647
- Kentucky Diabetes Prevention and Control Program
  502-564-7996

FEDERAL
- Federal Emergency Management Agency
  1-800-621-FEMA
- National Weather Service
  http://www.nws.noaa.gov
- Centers for Disease Control
  1-800-CDC-INFO

Have a Plan! Gather Supplies! Be Informed!
**Make A Communication Plan**

- **Identify family meeting places**
  Within and outside the neighborhood

  Include escape routes — 2 ways out of every room in your house; 2 ways out of your neighborhood

- **Plan how to stay in contact if separated**
  E-mails and phone numbers of each family member

  Phone numbers of out-of-town relative or friend for each family member to contact

  Be sure everyone carries coins, a cell phone, or a prepaid phone card

**Build a Supply Kit**

*Supplies should last for 2 weeks*

**Basic Supplies**

- Water
- Food
- First Aid supplies
- Clothing and bedding
- Battery powered weather radio & flashlight
- Extra batteries
- Important documents
- Cash/Credit Cards

**Diabetes Supplies**

- **Fanny pack** for medications/testing supplies — insulated bag (if no refrigerator available)
- **Blood glucose meter** with extra lancets and test strips
- **Medications** including insulin/supplies in original containers or the prescriptions.
- **Glucagon Emergency Kit**
- **Foods to treat hypoglycemia** — Glucose tabs/gels, juice, hard candies, regular sodas
- **Comfortable footwear**

**Be Informed**

- Know the natural or man-made disasters that might happen in your area.

- Know the location of the fire departments, police stations, and hospitals in your area.

- Learn your community’s warning signals.

**Take Safety Measures**

- Know location of water/gas/electricity shut-offs.

- Be sure to have smoke and/or carbon monoxide detectors and test them monthly.

- Post emergency phone numbers near all phones.

- Organize and practice family drill.

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**Family Communications Plan**

- **Contact Name:**
- **Telephone:**
- **Out-of-State Contact Name:**
- **Telephone:**
- **Neighborhood Meeting Place:**
- **Meeting Place Telephone:**

**Dial 9-1-1 for Emergencies**