

Have Diabetes?

Be Prepared For A Disaster or Emergency

No one knows when a disaster will happen.

Have a plan and be ready to go to a safe place or shelter at home.

Copies of Important Papers

- Birth certificate
- Drivers license
- Social security card
- Health insurance cards
- Vaccinations (last tetanus)
- Power of attorney, living will
- Prescriptions
- Proof of home ownership

List of Important Information

- Type of diabetes
- Medical conditions
- Allergies
- List of surgeries
- List of medications and dosages (*oral and injectable*)
- Insulin types
- Phone number of your pharmacy
- Name and phone number for health care providers
- Phone numbers for 2 emergency contacts (*next of kin or close friend*)

Pack a diabetes emergency kit with the items listed below in a waterproof tote, suitcase, or cooler:

- Copies of important papers and information
- Blood glucose testing supplies: glucose meter, strips, lancets, extra batteries, alcohol prep pads or hand sanitizer
- Sharps container or thick plastic bottle with screw on lid (*Example: an empty detergent or bleach bottle*)
- Low blood sugar treatment supplies (*glucose tablets, glucose gel, juice box, regular soda, hard candy, etc.*)
- Glucagon kit if prescribed (check expiration dates)
- Insulin syringes, insulin pens and pen needles for at least 3 days
- Infusion pump supplies for at least 3 days
- Medications for at least 3 days if possible
- Notepad and pen/pencil
- Glucose log book
- Water: at least one gallon per person for every 3 days
- Food for 3 days (*peanut butter or cheese crackers, meal replacement shakes, protein or granola bars etc.*)
- Cooler

If you have to leave your home or your power is out, put insulin and other medications that need to be kept cool in a cooler with a re-freezable gel pack. Do not freeze insulin.



KentuckyPublicHealth
Prevent. Promote. Protect.



Learn what you can do now so you are ready to take care of your diabetes during an emergency or disaster.

Go to  **Ready.gov** <https://www.ready.gov>

Other Items to Pack in Your Kit...

- Shoes and socks
- Clothing for a few days
- Lightweight rain gear
- Waterproof boots
- Cell phone and charger
- Portable small hand-cranked AM/FM radio
- Batteries, battery pack, charger
- LED flashlight
- First-aid kit
- Cash include small bills and a roll of quarters
- Multi-purpose tool, knife and can opener
- Hand sanitizer
- Personal care items: *items used in a typical day such as toothbrush, toothpaste, soap, baby wipes, deodorant, comb, shampoo, sunscreen, lotion, etc.*

Take Care of Yourself...

- Take medicines as prescribed
- Follow your usual meal plan schedule as closely as possible
- Stay hydrated, drink plenty of water
- Wear shoes
- Check your feet and skin closely for cuts or sores
- Wear diabetes identification
- Check your blood sugar as recommended (*remember stress can cause blood sugar to go up*)

For More Information Visit...

www.mydiabetesemergencyplan.com

Kentucky Division of Emergency Management

<https://kyem.ky.gov>

1-800-255-2587

Federal Emergency Management Agency

<https://www.fema.gov>

1-800-621-FEMA (3362)

National Weather Service

www.weather.gov

Centers for Disease and Control

<https://www.cdc.gov>

www.cdc.gov/diabetes/managing/preparedness.html

Kentucky Diabetes Network (KDN)

www.kydiabetes.net

Kentucky Diabetes Prevention and Control Program

<http://chfs.ky.gov/dph/info/dpqi/cd/diabetes.htm>

Kentucky Diabetes Resource Directory

<https://prd.chfs.ky.gov/KYDiabetesResources/>

American Diabetes Association

www.diabetes.org

National Diabetes Education Program (NDEP)

[https://www.cdc.gov/diabetes/ndep/pdfs/
NewBeginnings_508tagged.pdf](https://www.cdc.gov/diabetes/ndep/pdfs/NewBeginnings_508tagged.pdf)

Juvenile Diabetes Research Foundation

www.jdrf.org