

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
- ◆ Ready.gov <http://www.ready.gov/index.html>
- ◆ National Weather Service
<http://www.nws.noaa.gov>
- ◆ Centers for Disease Control 1-800-CDC-INFO

Being Prepared for a Disaster When You Have Diabetes



Have a Plan!
Gather Supplies!
Be Informed!



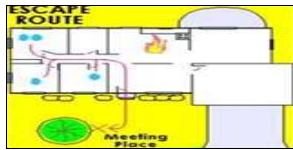
Make A Communication Plan

◆ 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

Family Communications Plan	
Contact Name:	
Telephone:	
Out-of-State Contact Name:	
Telephone:	
Neighborhood Meeting Place:	
Meeting Place Telephone:	
Dial 9-1-1 for Emergencies	

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.

