

Be prepared

Managing diabetes during a disaster

Floods, wildfires, hurricanes, floods, terrorist attacks, and other disasters can happen just about any time. Not only do they endanger or disrupt lives, they also can make it harder to manage your diabetes. The stress can increase your blood sugar. It might be tough to stick with your schedule and meal plan. It might be hard to get the medications you need.

When you have diabetes, it's important to be ready for an emergency, even if it's just the power going out for a few hours. Use these tips and checklists to make a plan to manage your diabetes during a disaster.



Make a Family Disaster Plan, Too

It's good to have your own plan for managing diabetes during a disaster. But do you and your family have a plan for dealing with the other challenges that come with disasters? Visit <https://www.ready.gov/planready.gov> for information, tips, and resources on how to create a plan and stock up on emergency supplies.



Tip

If you can, plan to have someone with you who can help you with your diabetes medication and supplies and knows what to do if your blood sugar is too high or too low.



Pack a Diabetes Emergency Kit

Pack these items in a waterproof, easy-to-carry bag or container and store it where you can get to it quickly. Try to have enough supplies for one to two weeks. Check your items at least every two to three months and replace them as needed. Check expiration dates and replace anything that has expired.

Medical Items

- ☐ Your emergency contact information and list of all your medicines
- ☐ Contact information for your doctor or clinic
- ☐ Extra copies of prescriptions
- ☐ Your diabetes medication(s) and syringes if needed
- ☐ Any other medicines that you take daily, including over-the-counter medicines
- ☐ Extra medications in case you run out
- ☐ Glucometer and strips
- ☐ Lancing device and lancets
- ☐ Alcohol or alcohol wipes
- ☐ Cotton balls or tissues
- ☐ Blood sugar log and pen
- ☐ Insulin pump supplies (if on insulin pump)
- ☐ Glucagon pen, spray, or emergency kit (if on insulin)
- ☐ Ketone testing strips
- ☐ Glucose tablets, hard candies, or orange juice for low blood sugar
- ☐ Empty plastic bottle with cap for used lancets and syringes
- ☐ Small cooler or cooler bag for insulin, if needed (keep ice or gel packs on hand in your freezer; just remember to keep insulin from touching the ice or packs directly so it doesn't get too cold)

Food and Supplies

- ☐ 1 large box unopened crackers
- ☐ 1 jar peanut butter
- ☐ 1 gallon or more of water per day
- ☐ Packages of cheese and crackers or 1 jar soft cheese
- ☐ 1 box of unsweetened cereal
- ☐ Regular and diet soda (in cans)
- ☐ Orange or apple juice (in cans)
- ☐ Shelf-stable milk (like Parmalat) or powdered milk
- ☐ "Lite" or water-packed fruit (in cans)
- ☐ Canned tuna, salmon, and chicken
- ☐ Canned nuts
- ☐ Manual can opener
- ☐ Disposable cups, plates, utensils