

TIPS FOR DIABETICS



Disasters will force us into an upheaval of our normal routines causing us to have limited access to supplies and especially medicines. CRS and CERT teach us that being prepared for an emergency is not just important to us but important for everyone. Emergency preparedness can be even more critical to those who have a chronic health condition such as diabetes. How does one maintain a 30 - 90 day supply of insulin and prevent it from going bad without refrigeration?

- The CDC says to try to keep your insulin as cool as possible, but make sure not to freeze it. Insulin that has been frozen can break down and will be less effective. A cooler with ice might be an option but don't have the insulin in direct contact with ice.
- Keep your insulin away from direct heat and out of direct sunlight, which also make it less effective.
- For up to 4 weeks, you can use insulin in opened or unopened vials that have been stored at room temperature (between 59°F and 86°F).
- Realistically, following a disaster, you may have to use insulin that has been stored above 86°F. If so, monitor your blood sugar regularly. If you're living in an emergency shelter, let someone in charge know if your blood sugar is too high or low, so they can get help if needed. Contact your doctor as soon as the emergency is over.
- Storing insulin in a **hole in the ground might be an option**. Just be sure it's four feet or more deep, and the insulin is in a watertight container. That'll keep the bottles at around 50 F.

The package insert usually says to keep the insulin below 40 degrees Fahrenheit and to never freeze. But, if we're talking about life-or-death survival here with no other cold-storage options, the hole in the ground may be an option.

The following pages may also be found at the link below: Patient Preparedness Plan from the Diabetic Disaster Response Coalition. This plan talks about 2-3 days of supplies, CRS and CERT recommend for our area maintain a **30 - 90 day supply**.

https://static1.squarespace.com/static/5b7f00ce89c172284abdb545/t/5e9f4afde19c2f4f61da02c5/1587497733252/DDRC+Preparedness+Plan_English.pdf



PATIENT PREPAREDNESS PLAN

DO YOU OR A LOVED ONE HAVE DIABETES AND USE INSULIN?

Make a plan to stay healthy during natural disaster or emergency

Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Building a “diabetes kit” now can save a lot of worry and time when a disaster strikes. A checklist template is included for your use.



Your diabetes kit can be stored in an easy-to-carry waterproof bag or container to hold the documents, information, and supplies that you will want to have with you.

Important Information to Keep In Your Kit - Write down or copy the following:

- Type of diabetes you have
- Other medical conditions, allergies, and previous surgeries
- Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.
- Previous diabetes medications you have taken
- A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.
- A copy of your most recent laboratory result, like A1C results
- Make, model and serial number of your insulin pump or CGM. Include pump manufacturer's phone number in case you need to replace your device.
- Doctor's name, phone number, and address
- Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.
- A copy of your health insurance card
- A copy of your photo ID
- Cash



Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan. For additional emergency preparation resources for people with diabetes, visit: <http://mydiabetesemergencyplan.com/>

Diabetes Supplies

- Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed.



**If you lose power and you have
unused insulin, don't throw it out!
In an emergency, it is okay to use expired
or non-refrigerated insulin.**



- Protect your insulin pump from water.
- Supplies to check your blood sugar, like testing strips and lancets. Don't forget extra batteries!
- Extra supplies for insulin pump or CGM
- Cooler and reusable cold packs
 - Note: Do NOT use dry ice and do not freeze the medication
- Empty plastic bottle or sharps container to safely carry syringes, needles and lancets
- Items to treat high blood sugar such as pump supplies (infusion sets) and/or syringes
- Items to treat low blood sugar (hypoglycemia), like:
 - Juice
 - Regular soda
 - Honey
 - Hard candy (not sugar-free)
 - Glucose tablets
 - Glucagon

Other Supplies to Pack



- 2-day supply of non-perishable ready-to-go food, like:
- Pre-packaged tuna, beans, cheese and cracker snacks etc.
- Nuts or nut butters
- High-fiber/protein granola bars
- Dried fruits
- Anything according to dietary restrictions
- A 3-day supply of bottled water (or more)

- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms
- First aid supplies like bandages, cotton swabs, and antibiotic ointments or creams
- Extra clothing, including socks and undergarments
- Cell phone and charging supplies for phone and pump including battery pack
- Flashlight and batteries

Other Recommendations

- Make sure that all your vaccinations are up-to-date.
- Choose a meeting place with your family in case you are separated.
Write down location and include in your kit.
- Wear a medical ID or medical alert bracelet or other form of identification in case you are evacuated to a relief shelter.
- For children, write down name of school, address and phone number.



Checklist



Important Information to Keep in Your Kit - Write down or copy the following:	Check if Completed
Type of diabetes you have	
Other medical conditions, allergies, and previous surgeries	
Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.	
Previous diabetes medications you have taken	
A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.	
A copy of your most recent laboratory result, like A1C results	
Make, model and serial number of your insulin pump or CGM. Include pump manufacturer's phone number in case you need to replace your device.	
Doctor's name, phone number, and address	
Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.	
A copy of your health insurance card	
A copy of your photo ID	
Cash	
Diabetes Supplies	
Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed.	
Supplies to check your blood sugar, like testing strips and lancets. Don't forget extra batteries!	
Extra supplies for insulin pump or CGM	
Cooler and reusable cold packs: Note: Do NOT use dry ice and do not freeze the medication	
Empty plastic bottle or sharps container to safely carry syringes, needles and lancets	
Items to treat high blood sugar such as pump supplies (infusion sets) and/or syringes	
Items to treat low blood sugar (hypoglycemia), like: Juice, regular soda, honey, hard candy Glucose tablets, Glucagon	
Document for others that identifies specific signs of high and low blood sugar.	
Helpful if a person is unable to communicate, signs can be mistaken for drug or alcohol intoxication.	
Other Supplies to Pack	
2-day supply of non-perishable ready-to-go food, like: Pre-packaged tuna, beans, cheese and cracker snacks; nuts or nut butters; high fiber cereals; high-fiber/protein granola bars; dried fruits; anything according to dietary restrictions	
A 3-day supply of bottled water (or more)	
Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms	
First aid supplies like bandages, cotton swabs, and antibiotic ointments or creams	
Extra clothing, including socks and undergarments	
Cell phone and charging supplies for phone and pump including battery pack	
Flashlight and batteries	

Checklist	
Important Information to Keep in Your Kit - Write down or copy the following:	Check if Completed
Other Recommendations	
Make sure that all your vaccinations are up-to-date	
Choose a meeting place with your family in case you are separated. Write down location and include in your kit.	
Wear a medical ID or medical alert bracelet or other form of identification in case you are evacuated to a relief shelter. For children, write down name of school, address and phone number	