TIPS FOR INDIVIDUALS WITH DIABETES



✓ List of the following information:

- Type of diabetes
- All of your medical conditions, allergies and prior surgeries
- All medications (include pharmacy contact information, active prescription information and eligible refills)
- Previous diabetes medications and reason for discontinuation
- Contact information for all your healthcare providers
- Letter from your diabetes healthcare providers with most recent diabetes medication regimen (if taking insulin)
- ✓ Most recent laboratory results (A1C, kidney and liver tests)

✓ As possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions

- Include insulin and a severe hypoglycemia emergency kit – if prescribed (always check expiration date)
- Blood glucose testing supplies and, if possible, 2 glucose meters with extra batteries

A cooler for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go

*Note: Do not use dry ice and avoid freezing the medication.

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 \checkmark Empty plastic bottles or sharps containers for syringes, needles and lancets

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- ✓ Source of carbohydrate to treat hypoglycemic reactions (glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- ✓ A 2-day supply of nonperishable food (peanut butter, cheese crackers, meal replacement shakes or bars, etc.)
- \checkmark At least a 3-day supply of bottled water
- ✓ Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- ✓ First aid supplies like bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)
- ✓ Wear shoes at all times and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition

Source: <u>https://www.empoweryourhealth.org/diabetes-disaster-plan3</u>



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