

DIABETES EMERGENCY PREPAREDNESS CHECKLIST



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” or “go-bag” now can save a lot of worry and time when a disaster strikes. 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. Below is a checklist to help you prepare your kit.

IMPORTANT INFORMATION TO KEEP IN YOUR KIT:

Write down or copy the following:

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| <input type="checkbox"/> Medical conditions, including type of diabetes, allergies, and surgeries | <input type="checkbox"/> Make, model and serial number of your insulin pump or CGM. Include manufacturer’s phone number in case you need to replace your device. | <input type="checkbox"/> Pharmacy phone number and address |
| <input type="checkbox"/> A letter from your diabetes care team with a list of your past and present diabetes medications. Make sure all dosages and pump settings are up to date. | <input type="checkbox"/> Copies of your photo ID and health insurance cards | <input type="checkbox"/> Phone numbers and email addresses for your family, friends and work. Include out-of-town contacts. |
| <input type="checkbox"/> A copy of your most recent laboratory result, like A1C results | <input type="checkbox"/> Doctor’s name, phone number, and address | <input type="checkbox"/> Cash |

DIABETES SUPPLIES:

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| <input type="checkbox"/> Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed. | <input type="checkbox"/> Extra supplies for insulin pump or CGM | <input type="checkbox"/> Items to treat high blood sugar, such as pump supplies (infusion sets) and/or syringes |
| <input type="checkbox"/> Supplies to check your blood sugar, such as testing strips and lancets.
Don’t forget extra batteries! | <input type="checkbox"/> Empty plastic bottle or sharps container to safely carry syringes, needles and lancets | <input type="checkbox"/> Document identifying the specific signs of high and low blood sugar. <i>This may be helpful to others if a person is unable to communicate. Signs can be mistaken for drug or alcohol intoxication.</i> |
| <input type="checkbox"/> Cooler and reusable cold packs.
Note: Do NOT use dry ice and do not freeze the medication | <input type="checkbox"/> Bottle of hand sanitizer | |
| | <input type="checkbox"/> Items to treat low blood sugar (hypoglycemia), such as: juice, honey packets, glucose tablets, etc. | |

OTHER SUPPLIES TO PACK:

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| <input type="checkbox"/> 2-day supply of non-perishable food within your dietary restrictions, such as: pre-packaged tuna, cheese crackers, snacks; nuts or nut butters; dried fruits. | <input type="checkbox"/> Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms | <input type="checkbox"/> Flashlight and batteries |
| <input type="checkbox"/> 3-day (or more) supply of bottled water. | <input type="checkbox"/> Extra clothing, including socks and undergarments | <input type="checkbox"/> First aid supplies such as bandages and antibiotic ointment |
| | | <input type="checkbox"/> Cell phone and charging supplies for phone and pump including battery pack |

OTHER RECOMMENDATIONS:

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| <input type="checkbox"/> Choose a meeting place with your family in case you are separated. Write down location and include in your kit. | <input type="checkbox"/> Wear a medical ID, 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 | <input type="checkbox"/> Make sure that all your vaccinations are up-to-date |
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