

Disaster Conditions (US Guidelines)

Any unexpected disaster such as floods, fires, hurricanes, tornadoes, earthquakes, and loss of electricity can occur and leave insulin pump users unable to manage their diabetes unless prepared. Being prepared for all types of emergencies just takes a little planning ahead.

Be Prepared for a Change in Routine

Disaster conditions may disrupt your daily routine, including when you eat.

- Be sure to check blood glucose (BG) frequently
- Watch for signs of high or low BG

If you are not feeling well or are out of medication or food, call your healthcare provider (HCP).

If you are unable to reach your HCP:

- Go to the nearest hospital
- Contact the police
- Call the American Red Cross

Medical Supplies Emergency Kit

Pack enough for two weeks!

Check supplies every three months (watch expiration dates):

- Rapid acting-insulin
- Cartridges
- Infusion sets
- Alcohol swabs
- Site care supplies
- Batteries for insulin pump and BG meter
- BG meter and test strips
- Urine/Blood Ketone strips
- Lancets
- Glucose tablets
- Glucagon emergency kit
- Written prescriptions for all medications
- Insulated bag in case of loss of electricity
- Medical identification
- Emergency contact numbers
- All other medications

In case your pump is lost or damaged during the disaster, include the following in your emergency kit:

- Long acting-insulin (watch expiration date)
- Syringes
- Instructions for insulin use for times off of the pump

Hint: Keep emergency supplies in a waist pack under the bed. Make one for work, school, and vehicle. Please note that insulin should NOT be exposed to extreme heat or extreme cold and therefore never kept in your vehicle/ car.

Food Supplies

During any type of disaster, it may become difficult to get food and water. Here is a list of suggested supplies. Keep them in a dry place that will be easy to access.

Pack enough food and water for 1 week.

Check and replace supplies every year.

Food Supply Kit Suggestions

- 1 gallon water per person per day (at least one week)
- 6-pack canned fruit juice
- 1 bottle of glucose tablets or hard candy
- Canned tuna, chicken
- Nuts
- Saltine crackers
- 1 jar peanut butter
- Unsweetened cereal
- 6 cans fruit in light syrup
- Manual can opener
- Spoon, fork, and knife per person
- Disposable cups

Additional information on preparing for disasters can be obtained from the American Red Cross and the American Diabetes Association.