

POWER OF  PREVENTION®



DIABETES DISASTER PLAN

ACE Power of Prevention® Diabetes Disaster Plan

- **Prepare a portable diabetes disaster kit that is both insulated and waterproof containing the following items:**
- List of all medical conditions and prior surgeries.
- Information about your diabetes, including past and present medications, any adverse reactions to medications, and past and present complications.
- List of all your health care professionals with their contact information.
- Letter from your diabetes health care professionals detailing most recent diabetes medication regimen (especially for insulin) and containing most recent laboratory results.
- List of all medications, which should also include pharmacies and active prescription information and eligible refills.
- A 30-day supply of medications for diabetes and all other medical conditions. This should include insulin, oral antidiabetic agents and a severe hypoglycemia emergency kit (if prescribed by your physician).
- Blood glucose testing supplies, including lancets, test strips and preferably, at least two glucose meters with extra batteries.
- A cooler and at least four refreezable gel packs for storing insulin (do not use dry ice when storing your medication). Empty plastic bottles and/or sharps container for syringes, needles, and/or lancets.
- Source of carbohydrate to treat hypoglycemic reactions (e.g., glucose tablets). Ideally you should also have a one or two day supply of food that does not require refrigeration (e.g. non-perishable).
- At least a 3-day supply of bottled water.
- Pen and/or pencil and notepad to record blood glucoses and any other test results and any new signs/symptoms suggesting medical problems.
- Additional medical/first aid supplies like bandages, cotton swabs, dressings, and topical medications (antibiotic ointments or creams) to treat cuts or abrasions.
- **Other recommendations:**
- Wear shoes at all times and examine your feet often for infection.
- Make sure that all immunizations including tetanus are updated.
- Pack extra comfortable clothing including undergarments.
- Take a cellular phone with extra batteries for you and family members.
- Consider choosing a designated meeting place in case you are separated from your family and unable to reach them by phone.

