

Additional Disaster Supplies and Tips for Individuals with Diabetes

Medicines and Medical Supplies

Have at least a 2-week supply of daily essentials, supplies, and medicines:

- lancets
- syringes
- meter to measure blood sugar
- meter strips
- meter batteries
- urine ketone strip
- glucagon emergency kit
- glucose tablets, soda with sugar, juice, and hard candies
- record book
- hard-sided container to dispose of lancets and needles
- prescribed medications (for example: insulin, blood pressure medicine, etc.)
- over-the-counter medicines for aches and pains, nausea and vomiting, and diarrhea
- antiseptic wipes
- hand sanitizer
- cooler, cool pack, or Frio Cool Pack for insulin. A *Frio Cool Pack* keeps insulin cool if there is no refrigeration. It can be used and reactivated hundreds of times by soaking it in tap water. It will stay cool up to 45 hours each time it is reactivated.
(http://www.medicool.com/diabetes/diabetes_travel_frio.php)

Insulin pump supplies, including:

- batteries for pump and remote control
- reservoirs or prefilled cartridges
- infusion sets
- insertion devices
- any other supplies usually needed

Important Information to Have on Hand

- insurance and/or Medicare cards
- list of all medicines, including insulin and over-the-counter medicines, with dosages

- list of your doctors and their phone numbers
- your pharmacy's name and phone number

Food and Water Supplies to Have on Hand

- 1 gallon of water per person per day
- crackers
- peanut butter
- nuts
- milk that does not require refrigeration
- unsweetened dry cereal
- packages/cans of tuna, salmon, chicken
- cans of fruits that are not packed in sugar
- cans of soda with sugar
- cans of soda without sugar
- manual can opener
- disposable cups, plates, forks, knives, spoons
- cleaning supplies: paper towels, detergent, trash bags, and disinfectant

Additional Tips

- Keep all medicines and supplies together in a grab-and-go kit so you can collect and take them with you on short notice.
- Try to follow your usual schedule for eating, taking medication, and physical activity.
- Check your blood sugar more often if your schedule, physical activity, or eating habits change.
- Keep insulin at less than 86 degrees Fahrenheit. Insulin can be stored at room temperature for up to 28 days.
- Do not freeze insulin. Do not keep insulin cool with dry ice.
- Unopened Lantus should be stored in the refrigerator. If there is no refrigeration, avoid direct light and heat – can be stored in a *Frio Cool Pack*.
- Stress and sickness may raise your blood sugar.
- Let people around you know that you have diabetes and what they can do to help.
- Wear a diabetes identification bracelet or necklace.

Please see *Preparing for the Unexpected* for additional information at: <http://texashelp.tamu.edu/002-protect/preparing-for-the-unexpected.php>.

Feel free to adjust the above list to meet your specific needs.