

Emergency Preparedness: Diabetes Management During a Crisis

Martha Archuleta, PhD, RD

Extension Food and Nutrition Specialist- NMSU

Karen Halderson, MPH, RD, CDE

Extension Diabetes Coordinator- NMSU

Food and Water

- ◆ Have at least a 3-7 day supply on hand.
- ◆ Make sure food supply contains food you would normally eat to control your diabetes.
- ◆ (See Water Storage and Food Storage presentations for more details.)

Medications

- ◆ Always have at least a one-week supply of insulin and all medications.
- ◆ Store medications in one location in their original containers.
- ◆ Have a list of all medications: name of medication, dose, frequency, and name of doctor prescribing it.

Keeping Medications Refrigerated During a Power Outage

- ◆ Insulin can be kept at room temperature for 30 days. Most diabetes medications don't require refrigeration. However, a person may be taking other medications that do require refrigeration. If so, the following strategy can be used to keep medications cold:
- ◆ Keep ice or frozen cold packs in the freezer and a small ice chest handy.
- ◆ If power goes out, medications that need to be refrigerated can be kept cold by placing them in the ice chest along with the ice or frozen cold packs.

Medical Supplies

- ◆ Have at least a one-week supply of lancets, glucose meter strips and any other medical supplies you use.
- ◆ If you use an insulin pump, make sure you have a extra infusion set, cartridge, batteries and a one week supply of insulin.
- ◆ Have extra sets of batteries for glucose meters and insulin pumps.

Emergency Bag

- ◆ Have a bag packed in case you need to leave your home.
- ◆ Include:
 - ◆ Medication list
 - ◆ Medication and supplies for 3 days
 - ◆ Copies of vital medical papers such as insurance cards
 - ◆ When you leave, be sure to take refrigerated medications

People Who Can Help

- ◆ Plan together with family, friends and neighbors.
- ◆ Keep a list of people who can help (names and phone numbers):
 - ◆ Family or friends
 - ◆ Neighbors
 - ◆ Hospital
 - ◆ Medical suppliers
 - ◆ Doctor/homecare provider
 - ◆ Pharmacy

Create an Emergency Health Information Card

- ◆ Communicates to rescuers what they need to know about you if they find you unconscious, or if they need to quickly help evacuate you.
- ◆ Keep copies in wallet, purse and emergency supply kits.

Front of Card

- ◆ Name
- ◆ Street address
- ◆ City, State, Zip
- ◆ Phone (Home, Work)
- ◆ Birth date
- ◆ Blood Type
- ◆ Social Security #
- ◆ Health Insurance Info
- ◆ Physicians

Back of Card

- ◆ Emergency Contacts
- ◆ Conditions, Disability
- ◆ Medications
- ◆ Assistance Needed
- ◆ Allergies
- ◆ Immunization Dates
- ◆ Communication Needs
- ◆ Special Equipment Needs

Information Sources

- ◆ California Preparedness Materials: People with Special Medical Needs: American Red Cross
- ◆ California Preparedness Materials: Tips for Creating an Emergency Health Information Card: American Red Cross

www.redcross.org/disaster/safety