

Be aware. Prepare. Survive an emergency.

My diabetes plan for natural disasters and emergencies

This plan helps you manage your diabetes in an emergency

Stress in an emergency or a natural disaster can raise or lower blood glucose to dangerous levels. There may be no medication or food available, and no way of getting medical help.

A **diabetes emergency plan** helps you to self-manage your diabetes before, during and after an emergency. Planning ahead reduces the risk of diabetes-related infections and life-threatening situations.

This plan also lists important things to put in a **diabetes emergency kit** to help you survive.

Keep this plan and your emergency kit together in a safe place and keep them up to date.

Emergency kit checklist

Prepare a portable, waterproof, insulated diabetes emergency kit to take with you if you need to leave at short notice. It should contain the following:

Important documents

- A list of your medical and surgery history
- A letter from your diabetes healthcare provider on your diabetes medication regimen
- A copy of your sick day action plan
- A copy of this completed plan
- Copy of your photo ID

CHECK THE EXPIRY DATE of your supplies
UPDATE THIS PLAN at the start of every season.

General medical supplies

- A 14 day supply of your prescription medication
- Non-prescription drugs such as aspirin, paracetamol, antacid, vitamins, or any others that you buy and use from over the counter
- A 3 day supply of bottled water per person
- A cooler bag with 4 refreezable cool packs or FRIO packs

Diabetes specific medical supplies (depending on your regular diabetes management)

- A 14 day supply of your insulin and syringes or insulin pens
- Blood glucose monitoring supplies, blood glucose monitor and extra batteries, lancets and lancet device
- If applicable, continuous glucose monitoring/flash glucose monitoring supplies
- Empty sharps container
- Urine or blood ketone checking strips
- Hypoglycaemia kit containing jelly beans, glucose tablets, cans of sweet soft drink, glucagon kit, a supply of non-perishable foods (For example peanut butter, crackers, meal replacement shakes or bars)
- Cotton balls and tissues
- Alcohol swabs
- A pen and a notebook to record blood glucose levels

Additional items for those on insulin pump therapy

- Insulin pump settings and passwords
- Insulin pump cannulas (sites) and reservoirs
- A 14 day supply of syringes or insulin pens - in case of damage to your pump

This plan is in addition to general emergency preparedness. Check your state and territory fire and emergency services for additional actions or items to consider in the case of an emergency.

Other important items for your emergency kit

- Torch and extra batteries
- Lighter and candles
- Battery powered radio
- First aid kit
- Whistle
- Spare socks
- Mobile phone charger and battery pack
- Protective clothing
- Heavy duty gloves
- Protective eye wear
- Protective shoes

For more information about how to use this plan visit ndss.com.au

Your details

| | |
|------------------|--|
| Name | |
| Address | |
| Telephone | |
| Mobile phone | |
| Email | |
| Medicare number | |
| NDSS number | |
| Type of diabetes | |
| Blood type | |

Useful contacts

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|---|--|
| Your GP | |
| Telephone | |
| Pharmacist | |
| Telephone | |
| Local hospital | |
| Telephone | |
| Diabetes educator | |
| Telephone | |
| Endocrinologist | |
| Telephone | |
| Diabetes treating team (if not listed above) | |

Medications and schedule

List all your medications here, including ones that are not related to your diabetes such as vitamins and herbs.

| Medication name and strength | When do you take this? | How much do you take each time? | Last updated |
|------------------------------|------------------------|---------------------------------|--------------|
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Helpful contacts

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|------------------------|--------------|--------------------------------------|-----------------|
| Emergency | 000 | Police Assistance Line | 13 14 44 |
| Crimestoppers | 1800 333 000 | Red Cross | redcross.org.au |
| Healthdirect Australia | 1800 022 222 | SES | 132 500 |
| Lifeline | 13 11 14 | Translating and Interpreting Service | 13 14 50 |
| NDSS Helpline | 1800 637 700 | | |

Personal contacts

| | |
|--------------|--|
| Name | |
| Relationship | |
| Telephone | |
| Name | |
| Relationship | |
| Telephone | |
| Name | |
| Relationship | |
| Telephone | |

Diet and nutrition

List any special dietary requirements here.

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Allergies and symptoms

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