



EMERGENCY  
PREPAREDNESS FOR  
**PEOPLE WITH  
DIABETES**



**The Wellness Coalition**



## WHAT CAN I DO DURING A DISASTER TO PROTECT MY HEALTH?

- Control blood pressure and cholesterol by taking medications as prescribed, limiting food with high salt intake or that are high in saturated fats, and avoiding alcohol, smoking, and excessive caffeine.
- Check blood sugar levels as you normal would.
- Exercise by walking around, doing chair exercises, stretching, or any movement you are able to do at the time.
- Eat healthy by ensuring your emergency kit is stocked with heart-healthy foods that can last in storage. Refer to “Items to Pack in an Emergency Kit” below for suggestions.
- Take your medication or insulin as prescribed by your doctor.
- Take care of your feet by wearing protective shoes, keeping your feet dry, and cleaning and wrapping any sores.
- Take care of your skin by keeping it clean and dry.
- Have a fast source of sugar in case blood sugar gets too low.

## WHAT SHOULD I PACK IN MY EMERGENCY KIT?

- Glucose testing supplies including meter, needles, blood strips, alcohol wipes, etc
- Extra supplies for insulin pump and small cooler for insulin
- Extra batteries for your meter and pump
- An empty hard plastic detergent bottle for used lancets and needles
- Extra copies of your prescription, extra insulin, and extra medicine in case contact with your doctor is lost for a long period of time

## WHAT ARE SOME IMPORTANT TIPS TO REMEMBER DURING A DISASTER?

- Stress makes blood sugar levels high. To combat this, try meditation, writing in a journal, listing positive thoughts, and any other recommendations from your doctor.
- Eating food at different times each day, whether or not you have your medicine, how much you are eating, and the amount of physical activity you are getting can also impact blood sugar levels. Discuss with your doctor different scenarios that may impact you and make a plan ahead of time so you are prepared.
- Avoid injury by wearing protective clothing and closed shoes.
- In a disaster situation, fresh fruits and vegetables may be difficult to access, leaving you only foods with a long storage life. So, limiting your intake of foods high in sugar is highly important.

## ITEMS TO PACK IN AN EMERGENCY KIT:

- At least a 3-day supply of water and high-energy foods
  - Ready-to-eat canned meats, fruits, vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter and crackers
  - Dried fruit and nuts
  - Canned juices
  - Non-perishable pasteurized milk
- Vitamins
- Manual can opener
- Basic utensils
- Soap and baby wipes
- Toothbrush and toothpaste
- Contact lenses and glasses
- First Aid kit
- Emergency blanket
- Multipurpose tool
- Whistle
- Flashlight
- Radio
- Cell Phone w/chargers
- Extra batteries
- List of emergency phone numbers
- Applicable doctor's notes, medication list, and prescriptions
- Cash
- Maps of the area
- Car keys and house keys

One of the most important things you can do to prepare for a disaster situation is to talk with your doctor and make a plan that meets your specific needs. Schedule your appointment to discuss disaster preparedness today!



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The Wellness Coalition or visit [TheWellnessCoalition.org](http://TheWellnessCoalition.org)