DIABETES EMERGENCY PLAN

Be sure to have the following ready to go in a diabetes disaster preparedness kit, which should be waterproof, insulated and portable.

MEDICINES/HEALTH INFORMATION
- 30-day supply of prescription medications
- Copy of most recent lab results (A1c)
- List of current medical conditions and allergies
- Updated emergency contact list, including health care provider
- Frozen reusable gel packs (to keep insulin chilled when traveling)

TESTING
- Meter, strips and extra batteries for testing
- Small, hard-plastic bottle to dispose of insulin needles and testing lancets
- Source of fast-acting sugar such as glucose tabs or a juice box

ADDITIONAL ITEMS
- Non-perishable food
- 3-day supply of bottled water
- Pen/pencil and notepad to record blood sugar test results and other notes
- First aid kit with bandages, cotton swabs, antibiotic creams and alcohol swabs

IF TRAVELING BY PLANE
- Keep testing supplies, medications and fast-acting sugar with you at all times. Keep with you at your seat for easy access. Do not store in your checked baggage or the overhead compartment.
- Wear identification stating that you have diabetes