

# Emergencies and Disasters

Preparation is key in managing diabetes during a disaster. The Diabetes Disease Response Coalition has created a [Patient Preparedness Plan](#) to help people with diabetes understand what needs to be done during times of disaster. You'll find a checklist of critical supplies, valuable information, and guidelines on how to prepare for an emergency.

Here are a few key things to remember:

1. **Medical Documentation.** Write down the type of diabetes you have, other medical conditions, allergies along with current medications, doses and time you take them along with your pharmacy name, address and phone number.
2. **Prescriptions.** Ask for an extra supply of all medications, including insulin and glucagon, if prescribed. Also, make sure you have them stocked.
3. **Insulin.** If you lose power and you have unused insulin, don't throw it out! In an emergency, it is okay to use expired or non-refrigerated insulin. To keep insulin cool, [consider getting a Frio pack](#). Another excellent tool is the [MedAngel Bluetooth thermometer](#) for insulin.
4. **Shelter.** If you need shelter, you can contact the American Red Cross directly at 1-800-RED-CROSS. If you find yourself in a shelter without proper diabetes care and supplies, call 1-800-DIABETES.

Finally stay informed. Visit [Florida Disaster](#), [Diabetes Disaster Response](#) and [DDRC's Facebook page](#) for information on how to access medical support, storm status, shelters, and open pharmacies during times of disaster.

Under a State of Emergency, a pharmacist may be able to refill prescriptions early. To learn more, click [here](#).

## The Diabetes Disaster Response Coalition (DDRC) Plans:

[Diabetes Disaster Plan: Short Version](#)

[Diabetes Disaster Plan: Spanish](#)

## School Emergencies

Emergencies can also come in the form of a lockdown situation. You'll want to make sure your child is prepared at school if students may need to shelter in place in the gym, playground, library or classroom. Meet with your school contact to discuss a plan for your child in the event of a school lockdown or other emergency.

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## **Recommended**

[School Forms](#)

[School Accommodations](#)

[Working with Your Child's School](#)

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## **Sources**

[\*Patient Preparedness Plan, Diabetes Disease Response Coalition\*](#)

[\*Safe-At-School Emergency Care Plan - ADA\*](#)

[\*Information Regarding Insulin Storage and Switching Between Products in an Emergency - FDA\*](#)

[\*FDA Offers Tips about Medical Devices and Hurricane Disasters - FDA\*](#)

[\*How to Switch Insulins During a Natural Disaster, Glu\*](#)

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## PATIENT PREPAREDNESS PLAN

### DO YOU OR A LOVED ONE HAVE DIABETES AND USE INSULIN?

**Make a plan to stay healthy during natural disaster or emergency**

Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Building a “diabetes kit” now can save a lot of worry and time when a disaster strikes. A checklist template is included for your use.



**Your diabetes kit can be stored in an easy-to-carry waterproof bag or container** to hold the documents, information, and supplies that you will want to have with you.

### **Important Information to Keep In Your Kit - Write down or copy the following:**

- Type of diabetes you have
- Other medical conditions, allergies, and previous surgeries
- Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.
- Previous diabetes medications you have taken
- A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.
- A copy of your most recent laboratory result, like A1C results
- Make, model and serial number of your insulin pump or CGM. Include pump manufacturer’s phone number in case you need to replace your device.
- Doctor’s name, phone number, and address
- Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.
- A copy of your health insurance card
- A copy of your photo ID
- Cash



*Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan. For additional emergency preparation resources for people with diabetes, visit: <http://mydiabetesemergencyplan.com/>*

www.DiabetesDisasterResponse.org • Questions? Call **765-314-DDRC** (765-314-3372)

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*Updated 2/17/19*

*This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.*