



## Disaster Preparation Emergency Checklist

### Diabetes Supplies *(at least two weeks' worth)*

Store the following in a waterproof, insulated bag:

- Printed copy of all prescriptions
- Printed copy of health insurance card
- Emergency contact information, including endocrinologist
- Record of basal rates, insulin-to-carbohydrate ratios, and insulin sensitivity factor (a calculation of how much one unit of insulin lowers your blood glucose levels)
- Insulin and cooling pack to maintain a safe temperature

Syringes or insulin pen and needles

Prescription and over-the-counter medicines

Blood glucose monitor, alcohol wipes, lancets and test strips

Insulin pump and/or CGM supplies and extra batteries or charger

Low blood sugar supplies (glucose tabs, gels, fruit snacks, juice boxes, etc.)

Medical identification

Glucagon (injection kit, prefilled syringes, nasal spray or auto-injector pen)

Ketone testing supplies

Non-perishable food (e.g. peanut butter, canned foods, crackers)

### General Supplies\*

- First aid kit
- Flashlights (with extra batteries)
- Blankets
- Battery-operated cell phone charger (with extra batteries)
- Potable drinking water (bottled or stored; in case of contamination or well failure)
- Water for washing, toilet flushing, etc. (if you depend on well water powered by an electric pump)
- Sturdy shoes, boots and gloves (for post-storm clean up protection)

### Last-Minute Tips

When you have advance warning of a potential natural disaster or weather event:

Charge up all cell phones.

Put a full tank of gas into your car.

Secure your property.

Disengage electric garage door openers so you have access to your garage in a power outage.

Get extra batteries, generator gas, and cooking or heating propane as necessary.

Sourced by the Diabetes Disaster Response Coalition:

<https://www.diabetesdisasterresponse.org/>



\*Check with your local Red Cross chapter about other recommended emergency supplies for your region. You can also visit the Federal Emergency Management Agency (FEMA) for more disaster preparation information at [www.fema.gov](http://www.fema.gov).