



Diabetes Disaster Preparedness List Diabetes Specific

- ▶ Shoes - sturdy walking shoes and 2-3 days of white socks (VERY IMPORTANT - This was the #1 item my patients who lived through the Greensburg tornado recommended)
- ▶ Batteries: Extra cell phone battery and solar charger (if available)
- ▶ Blood glucose test strips (30 day supply)
- ▶ Can opener (canned products for 2-3 days); utensils
- ▶ Container for sharps for used lancets and needles
- ▶ Cooler with refreezable gel packs (do not use dry ice for medicines)
- ▶ Copy of Health Insurance Care; Copy of most recent blood work
- ▶ First Aid Kit to include alcohol wipes, antibiotic ointment, bandages; OTC meds for stomach problems, fever, headache, pain, allergy, etc.
- ▶ Flashlight and plenty of batteries; AM/FM radio (with plenty of batteries)
- ▶ Hand Sanitizer of some sort
- ▶ Hygiene Products for 2-3 days
- ▶ Hypoglycemia: items to treat mild or moderate hypoglycemia, i.e. juice, soda pop, glucose tabs or gel; Glucagon, if using Insulin
- ▶ Immunizations up-to-date
- ▶ Insulin syringes and/or pen needles (30 day supply)
- ▶ Insulin pump supplies: infusions sets, reservoirs, batteries, transparent dressings
- ▶ Ketone strips and/or blood ketone tests strips
- ▶ Lancets (30 day supply)
- ▶ List of current and past medical problems, as well as previous surgeries and major medical illnesses and allergies
- ▶ List of current medicines and their doses
- ▶ List of insulin pump settings (basal rates, meal boluses)
- ▶ List of physicians and their specialties (e.g., cardiologist, kidney doctor, foot doctor, diabetes specialists, family physician, etc) and their phone numbers
- ▶ Medicines, all meds especially unopened insulin and diabetes pills (30 day supply)
- ▶ Pen and paper or logbook to record blood glucose levels
- ▶ Pets (food and meds for 1 week)
- ▶ Shut off gas, water, electricity
- ▶ Snacks: packages of cheese crackers / PB crackers / nuts, etc
- ▶ Water (at least a 3 day supply)
- ▶ Written instructions from your diabetes team for an insulin regimen to use when off an insulin pump (along with the appropriate insulin) or when ill

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