

POWER OF  PREVENTION[®]



DIABETES DISASTER PLAN

ACE Power of Prevention® Diabetes Disaster Plan

- **Prepare a portable diabetes disaster kit that is both insulated and waterproof containing the following items:**
 - List of all medical conditions and prior surgeries.
 - Information about your diabetes, including past and present medications, any adverse reactions to medications, and past and present complications.
 - List of all your health care professionals with their contact information.
 - Letter from your diabetes health care professionals detailing most recent diabetes medication regimen (especially for insulin) and containing most recent laboratory results.
 - List of all medications, which should also include pharmacies and active prescription information and eligible refills.
 - A 30-day supply of medications for diabetes and all other medical conditions. This should include insulin, oral antidiabetic agents and a severe hypoglycemia emergency kit (if prescribed by your physician).
 - Blood glucose testing supplies, including lancets, test strips and preferably, at least two glucose meters with extra batteries.
 - A cooler and at least four refreezable gel packs for storing insulin (do not use dry ice when storing your medication). Empty plastic bottles and/or sharps container for syringes, needles, and/or lancets.
 - Source of carbohydrate to treat hypoglycemic reactions (e.g., glucose tablets). Ideally you should also have a one or two day supply of food that does not require refrigeration (e.g. non-perishable).
 - At least a 3-day supply of bottled water.
 - Pen and/or pencil and notepad to record blood glucoses and any other test results and any new signs/symptoms suggesting medical problems.
 - Additional medical/first aid supplies like bandages, cotton swabs, dressings, and topical medications (antibiotic ointments or creams) to treat cuts or abrasions.
- **Other recommendations:**
 - Wear shoes at all times and examine your feet often for infection.
 - Make sure that all immunizations including tetanus are updated.
 - Pack extra comfortable clothing including undergarments.
 - Take a cellular phone with extra batteries for you and family members.
 - Consider choosing a designated meeting place in case you are separated from your family and unable to reach them by phone.

