

## **Additional Disaster Supplies and Tips for People with Diabetes**

### **Medicines and Medical Supplies**

**Have at least a 2-week supply of your usual supplies and medicines, including insulin:**

- lancets
- syringes
- meter to measure blood sugar
- meter strips
- meter batteries
- urine ketone strip
- glucagon emergency kit
- glucose tablets, soda with sugar, juice and hard candies
- record book
- hard-sided container to dispose of lancets and needles
- blood pressure medicine, cholesterol medicine, and other regular medicine
- over-the-counter medicines for aches and pains, nausea and vomiting, and diarrhea
- antiseptic wipes
- hand sanitizer
- cooler or cool pack for insulin (see Additional Tips).

### **Insulin pump supplies, including:**

- batteries for pump and remote control
- reservoirs or prefilled cartridges
- infusion sets
- insertion devices
- insulin for pump
- any other supplies usually needed.

### **Important Information to Have on Hand**

- Insurance or Medicare card
- List of all medicines including insulin and over-the-counter medicines, with dosages
- List of your doctors and their phone numbers
- Your pharmacy phone number.

## Food Supplies to Have on Hand

- 1 gallon of water per person per day for at least one week
- bread
- crackers
- peanut butter
- nuts
- milk that does not require refrigeration
- unsweetened dry cereal
- packages/cans of tuna, salmon, chicken
- 7 cans of fruits not packed in sugar
- 7 cans of soda with sugar
- 7 cans of soda without sugar
- manual can opener
- disposable cups, plates, forks, knives, spoons.

## Additional Tips

- Keep all medicines and supplies together and close to you so you can collect and take them with you on short notice. Have a water proof container nearby to easily transport these items.
- Try to follow your usual schedule for eating, medicine, and physical activity.
- Check your blood sugar more often if your schedule, physical activity, or foods change.
- Keep insulin at less than 86 degrees Fahrenheit insulin can be stored at room temperature for up to 28 days.
- Do not freeze insulin. Do not keep insulin cool with dry ice.
- Use cooler or *Frio Cool Pack* to keep insulin cool if no refrigeration. It can be used and reactivated hundreds of times by soaking it in tap water. It will stay cool up to 45 hours each time it is reactivated. [http://www.medicool.com/diabetes/diabetes\\_travel\\_frio.html](http://www.medicool.com/diabetes/diabetes_travel_frio.html)
- Unopened Lantus should be stored in the refrigerator. If there is no refrigeration, avoid direct light and heat – can be stored in *Frio Cool Pack*.
- Syringes may be re-used on yourself. While lancets should not be re-used, you may re-use them for yourself, if necessary.
- Stress and sickness may raise your blood sugar.
- Let people around you know you have diabetes and what they can do to help.
- Wear a diabetes identification bracelet or necklace.

Please see *Prepare for the Unexpected* for other supplies at <http://texashelp.tamu.edu>.

Please add any other supplies and medicines you think you might need because of your own special needs.

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