

Tips for Emergency Preparedness

Being prepared for an emergency, weather related, a disease outbreak, or a terrorism event can reduce the stress of an event tremendously. For people with diabetes, it is critical they plan ahead to be prepared as much as possible for an emergency event. The following are emergency preparedness tips to consider:

1) Have a Plan

Think about a typical day with diabetes along with everything you may need to manage your diabetes. Gather emergency supplies, a list of emergency contacts, and a plan for a safe place to go for various types of emergency events. Make a plan so you are prepared.

2) Emergency Supplies

Consider storing three days worth of diabetes supplies, based on how you take care of your diabetes. This may include oral medication, insulin, insulin delivery supplies, lancets, extra batteries for your pump (if applicable), a charged battery source with USB and a quick-acting source of glucose (glucose tablets, life savers or non-perishable drinks). If applicable, you may also want to have an extra glucagon emergency kit.

It is recommended that you have a portable power bank (battery with a USB port) which can help charge your meter in case you do not have electricity. In an effort to preserve the battery it is recommended that you only use your device to check your blood glucose and not as a pedometer. Please make sure to power the device down after each use.

In the event that there is no cell coverage, your meter will still give you a blood glucose reading - it will just not transmit to your personal member portal.

If you are in need of extra supplies for your Livongo In Touch device to cover your needs in the event of an emergency or natural disaster, you can call member services at 1-800-945-4355.

For extra medications or other diabetes related supplies, you should contact your physician to develop a plan to ensure you are prepared if a disaster strikes.

All of these items should be kept in an easy-to-identify container, and stored in a location that is easy to get to in an emergency.

3) Emergency Contacts

Your emergency supply kit should also contain a list of emergency contacts. If you are a parent of a child with diabetes, physician's orders should be on file with your child's school or day care provider. It is important that your child's school has clearly identified the school staff members who will assist your child in the event of an emergency evacuation.

As always, it is a good idea to wear medical identification that will enable colleagues, school staff members, or emergency medical personnel to identify and address your medical needs.

As a backup, Inform colleagues, friends, and family members about your diabetes and where your emergency supply kit is kept.

4) Have a plan for sick days

If you are sick during a disaster follow the Sick Day Guidelines.

If you need medical assistance/or are out of all medications, food, and cannot reach your doctor, immediately:

- Go to the nearest hospital; or
- Contact the police; or
- Contact the American Red Cross <http://www.redcross.org/prepare/disaster-safety-library>

Or

- Go to an Emergency Medical Center

Taking a few minutes right now to gather supplies and inform those around you about your diabetes may make a world of difference in maintaining blood glucose control and staying healthy under stressful circumstances.

See more at:

<http://www.diabetes.org/living-with-diabetes/treatment-and-care/medication/tips-for-emergency-preparedness.html?referrer=https://www.google.com/#sthash.o4iQADNA.dpuf>

Source: Diabetes.org

