

Your Health Checklist: Dealing with an Emergency

Life is all about dealing with the unexpected. But when the unexpected is an emergency or disaster, the daily routines you have in place to manage your diabetes can be disrupted. This can be a serious threat to your health.

Follow this checklist to ensure that you are able to manage your diabetes even during an emergency.

Do: Stay Calm. Wear medical identification stating that you have diabetes and try to stick to your daily routine as much as possible.

Do: Take your medications and eat your meals at your regular times. This is not the time to put yourself at risk for low or high blood glucose.

Do: Check your feet each day for cuts, sores or blisters. High temperatures or dampness can often lead to foot infections, especially if you can't change your socks and shoes on a regular basis.

Do: Follow any instructions by local officials, and evacuate the area if needed.

Do Not: Be afraid to get help. Reach out to friends, family and your diabetes care team to get the support you need to handle this unexpected situation and manage your diabetes.

You can't always predict what life will bring.

Having a plan in place before the unexpected happens can make it possible for you to handle the situation *and* still manage your diabetes.