

Your Health Checklist: Your Emergency Supply Kit

Sometimes in life you are faced with an unexpected emergency. Having diabetes means you have to both deal with the emergency and stay healthy.

Follow this checklist to ensure that you have everything you need to manage your diabetes even in case of an emergency.

Do: Create an emergency supply kit.

Your kit should include: an extra blood glucose meter and supplies including extra batteries; extra medications; if you take insulin: extra syringes, pen needles or pump supplies; a sharps container; alcohol wipes; urine ketone test strips; quick acting carbohydrate foods; bottled water and non-perishable foods; first aid supplies; and a flashlight and extra batteries.

Do: Keep a written record of your diabetes routine, prescription information and emergency contact numbers in your kit.

Do: Include the numbers of your family members, diabetes care team, local hospital, Red Cross and local American Diabetes Association.

Do: Put any written documents in a water-tight plastic bag.

Do: Check your emergency kit to make sure your medications or foods have not expired, or that your batteries are still working.

Do: Keep at least a three-day supply of insulin on hand. Open bottles of insulin and pens can be stored at room temperature for up to 28 days but should be discarded after that.

Do Not: Store insulin in a hot area like a windowsill, or in the freezer as extreme temperatures will ruin it.

Talk with your healthcare provider about ways you can prepare an emergency kit so you continue to manage your diabetes no matter what is going on in the world.