

Medical Advice for Diabetics During A Disaste

Preparing ahead of time is the key to survival!



During disaster conditions access to medications and medical care is limited. Interruptions in services we take for granted such as electricity, running water, phone services or transportation can further create challenges to your diabetes care. Your sugar control will likely be affected by other factors such as stress, irregular meal schedules and physical activity that are out of the ordinary. Excessive cold, heat or dampness, as well as disaster debris can increase the chances of injury or infection.

In an insulated, water proof container, prepare a **DIABETES EMERGENCY KIT**. Check the supplies every two to three months and keep an eye on the expiration dates.

DIABETES EMERGENCY KIT CHECKLIST

- ❖ Copy of medical problem list including allergies, and current medications
- ❖ Prescriptions for medications and diabetic supplies.
- ❖ 2 -4 week supply of all your medicines and diabetic supplies.
- ❖ If on insulin: insulin bottles and syringes or insulin pen and pen needles
- ❖ If on insulin pump: insulin pump supplies, as well as insulin bottles or pens
- ❖ Blood glucose meter, strips, lancets and extra batteries
- ❖ Urine ketone strips
- ❖ First aid supplies such as alcohol swabs, bandages, cotton swabs and antibiotic ointment
- ❖ Over the counter medicines for pain, nausea, vomiting and diarrhea
- ❖ Tissues (travel size) and/or moist wipes
- ❖ Glucose tablets, peppermints or hard candies
- ❖ Empty plastic bottle with cap or sharps container for syringes and lancets
- ❖ Cooler or cool packs for insulin storage
- ❖ At least a 2-3 day supply of food and water.
- ❖ Suggested items:
 - ✓ Canned light fruit 4oz 2-3/day
 - ✓ Raisins 1 small box 2-3/day
 - ✓ Canned beans or pasta 7onz 2/day
 - ✓ Peanut butter crackers 4/day
 - ✓ Canned tuna 2/day
 - ✓ Diabetic protein bars 2-3/day
 - ✓ String cheese and nuts 2-3/day
 - ✓ Diet soda cans 3-4/day
 - ✓ Diabetic nutrition shakes 2-3/day
 - ✓ Canned vegetables 2/day
 - ✓ Sugar free Jell-O or puddings 2/day
 - ✓ Dry high fiber cereals 1 box
 - ✓ Water 1 gallon/person/day
 - ✓ Milk powder or 8onz boxes 2/day
 - ✓ 7onz servings of stew, chili or soups 2-3/ day

Useful Tips to Remember:

- Do NOT skip meals
- Try to follow a diabetic meal plan
- Keep meals & medication schedules as regular as possible
- Limit intake sugar containing products
- Avoid dehydration/drink plenty of fluids
- Wear comfortable shoes and check your feet everyday
- Don't stop your diabetes medicines or insulin unless instructed by your doctor
- Before drawing your insulin inspect it for frosting, clumps or crystals
- Unopened insulin bottles or pens should be refrigerated and will be good until expiration date
- Opened insulin bottles or pens should be kept at room temperature (59-86⁰ F), **away** from direct sunlight, extreme cold or heat.

Open insulin will be good as follows:

ANY type of insulin *that comes in a bottle* is good for 28 days
Humalog, Novolog and Novolin R pens are good for 28 days
Humulin N and Novolin N pens are good for 14 days
Humalog Mix 75/25, Humulin 70/30
Novolin 70/30 pens are good for 10 days

- Even though it is generally not recommended, *in Emergency situations you may have to reuse your own insulin syringes, lancets or needles.*
- ***If a hurricane threatens landfall in our area, you will be able to refill your prescriptions 15-days earlier than the normal 7-day time period at our hospital pharmacy on 1450 Poydras Street. This will help to ensure that you will have a 16-105 day supply of medication(s).***
- Please take all of your prescription bottles with you so that pharmacists and providers at other sites (i.e. non-LSU HCSD) have a reference to know what medications and dosages you have been taking.
- If you are near a LSU HCSD facility, you will be able to go to that facility to get your prescriptions re-written so that you may get your needed medications.
If you currently use an LSU HCSD outpatient pharmacy, all other LSU HCSD pharmacies will have your record.
- Refill your prescription without delay during the hurricane season to avoid running out of medications.
- After 4 pm, call the HELP LINE at 1-877-578-8255.

Check your sugars and seek medical help if they are above 240 mg/dL for 2 days in a row or if you feel ill.

Check your urine ketones when average blood sugar is above 240mg/dL or if vomiting or have symptoms of high blood sugar, such as frequent urination and increased thirst. Seek medical help if ketones are "moderate" or "high".