



dance out diabetes

Diabetes in Real Life

Diabetes Disaster Proofing

Everyone should be prepared for an emergency, but people with diabetes need to take extra precautions to deal with the problems that occur in the days and weeks following a natural disaster. Follow these tips to be ready for anything...except perhaps a zombie apocalypse (you're on your own there).

First, Have a Plan

Don't wait for disaster to strike and chaos to follow. Make sure everyone in your household has both emergency and other household members contact information programmed into their phones. Sit down today and put a "meet up" plan in place in case a disaster separates members of your family when you are away from home. Advise children to stay with the nearest trusted adult, and teens and adults to meet at the closest fire or police station should the home become inaccessible.

Build Your Emergency Kit

A key part of your disaster-proof plan should be to have two weeks of diabetes supplies always packed and ready to go, along with extra batteries to power your devices. Your emergency kit should also include non-perishable foodstuffs (e.g., juice boxes, peanut butter crackers, canned foods, etc.), a first aid kit, and a supply of potable drinking water. If you are on an insulin pump, make sure you have extra syringes and insulin in the kit in case of equipment failure. An insulated bag can help keep insulin safe in extreme temperatures. Once a month, rotate what's in your kit so you don't end up with expired or unusable supplies when an emergency does strike.



Gear Up

You should also keep some basic gear as an "add on" bag to your emergency kit. This should include sturdy boots and gloves to protect your hands and feet from mud, flood waters, and other storm debris; a change of clothing for you and other family members; extra flashlights; and blankets.

Stay Charged

A universal battery operated charger and a good supply of fresh batteries can help you devices powered up, as well as charging phones, tablets, and other wireless devices connecting you to the outside world. If you can afford it, a gas-powered generator is a smart investment, especially if you live in an area prone to extreme weather and/or earthquakes.



Keep a Permanent Record

When disaster strikes, electronic records may be inaccessible for days or weeks. Keep current written records of your medications and photocopy prescriptions in case your regular pharmacy is inaccessible. Store everything in a waterproof sleeve (something as simple as a large Ziploc baggie will do the trick), and keep it in your emergency kit.

For more disaster prep tips, visit www.redcross.org.