

Diabetes Education Services Presents:

Navigating the Unexpected:
Disaster Preparedness & Travel Tips for People
with Diabetes

Advanced Level & Specialty Topics | Level 4 | 2024

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Pronouns: She, her, hers
www.DiabetesEd.net



Poll Question 6

- ▶ JL is on an insulin pump and CGM and asks the diabetes educator how to best prepare for emergency situations. What is the most critical step to take in case of an emergency evacuation?
- ▶ A. Have back up energy source
- ▶ B. Keep insulin on ice
- ▶ C. Know the CDCs info line number
- ▶ D. Alert local emergency responders of status



Medical Diabetes Identification

- ▶ Speaks when you cannot
- ▶ Necklace, bracelet or watch band
- ▶ A wallet card is additional identification only



Prepare A Portable Emergency Kit

MY DIABETES EMERGENCY PLAN

Prepare a portable, insulated and waterproof diabetes emergency kit that contains the following items:

- Type of diabetes
- All your medical conditions, allergies and/or surgeries
- All medications (diabetes-altering agents, antibiotics, allergy medications, etc.)
- Physical diabetes medications and insulin (if applicable)
- Contact information for your health care professionals and/or your diabetes emergency contacts
- Letter from your diabetes healthcare professional with any special diabetes medication regimen (especially if using insulin), health insurance and ID (ID and health insurance of diabetes are)
- Most recent laboratory results (especially A1C, kidney and liver tests)
- Insurance, a 30-day supply of all medications (include insulin and syringes/insulin pens as well as all other medical conditions)
- Insurance policy and a money management strategy (e.g., debit/ATM/Prepaid/SmartCard/Health Savings Plan)
- Best glucose monitoring technology (including a portable CGM) you have with extra batteries
- Carroll with you for the kit to get access, location and proper location (instructions to be placed when ready to go)
- Key: Do not use your key and avoid leaving the medication
- Empty plastic bottles or storage containers for insulin, insulin and insulin
- Source of carbohydrates to treat hypoglycemia (include for women, glucose tablets, 1/2 cup raisin bran cereal or 1/2 cup milk, sugar, honey, etc.)
- A 2-day supply of portable food (for people without diabetes or diabetes contacts, treat for common diabetes in both, etc.)
- Water (1/2 liter supply of bottled water)
- Prepared and unopened to avoid food safety, also see results and any new respiratory/emergency contacts
- First aid supplies such as bandages, antiseptic, ointment and band-aid (especially gloves, etc.)

Other recommendations:

- Wear shoes and socks with extra socks and extra underwear, gloves, socks, hats, etc.
- Wear a hat at all occasions, including during the winter
- Pack extra supplies including including insulin pens
- Take a mobile phone with extra charger or extra batteries for you and family member
- Charge a long-term energy pack in case you are separated from your family member (especially when you are unable to reach them by phone)



www.diabetesdisasterresponse.org

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DO YOU OR A LOVED ONE HAVE DIABETES AND USE INSULIN?
Make a plan to stay healthy during natural disaster or emergency

Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Building a "diabetes kit" now can save a lot of worry and time when a disaster strikes. A checklist template is included for your use.



Your diabetes kit can be stored in an easy-to-carry waterproof bag or container to hold the documents, information, and supplies that you will want to have with you.

Important Information to Keep in Your Kit - Write down or copy the following:

- Type of diabetes you have
- Other medical conditions, allergies, and previous surgeries
- Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.
- Previous diabetes medications you have taken
- A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.
- A copy of your most recent laboratory result, like A1C results
- Make, model and serial number of your insulin pump or CGM. Include pump manufacturer's phone number in case you need to replace your device.
- Doctor's name, phone number, and address
- Phone numbers and email addresses for your family, friends, and work.
- Include out-of-town contacts.
- A copy of your health insurance card
- A copy of your photo ID
- Cash



Please check out this Diabetes Disaster Response Resource Page.

Let's help get people ready for the worst.

Disaster Readiness



▶ American Red Cross

Shelters: Contact the American Red Cross directly at 1-800-RED-CROSS.

▶ Resource For Health Care Providers:

▶ **Insulin Supply Hotline:** During a disaster, call the emergency diabetes supply hotline 314-INSULIN (314-467-8546) if you know of diabetes supply shortages in your community (i.e. shelter, community center). Hotline is for health care providers only.

Disaster Readiness



▶ Have an Emergency Diabetes Kit Ready:

- ▶ People with Diabetes can download the Diabetes Disaster Response Coalition's (DDRC) [Diabetes Preparedness Plan](#).
- ▶ **Stay Updated:** Visit [JDRF Disaster Relief Resources](#) and Diabetes Disaster Response Coalitions [Facebook page](#) with information on how to access medical support, shelters, and open pharmacies during time of disaster.
- ▶ **Know where to get help:**
- ▶ Call 1-800-DIABETES (800-342-2383).
- ▶ American Diabetes Association Center is open, MON.-FRI. 9 a.m. TO 7 p.m. ET.
- ▶ Representatives regularly updated with information on how to access medical support, shelters, pharmacies

Travel Suggestions from Diabetes.org

- ▶ Review TSA's website for travel updates
- ▶ Download [My TSA Mobile App](#)
- ▶ Whenever possible, bring prescription labels for medication and medical devices (while not required by TSA, making them available will make the security process go more quickly)
- ▶ Consider printing out and bringing an optional [TSA Disability Notification Card](#).



<https://diabetes.org/tools-support/know-your-rights/what-can-i-bring-with-me-on-plane>

What about diabetes Tech and Security?

- ▶ Refer to training manual for each manufacturer
- ▶ To be safe, ask for pat down if wearing pump, CGM or both



Travel Suggestions from Diabetes.org

- ▶ Arrive early.
- ▶ Pack medications in a separate clear, sealable bag. Bags that are placed in your carry-on-luggage need to be removed and separated from your other belongings for screening.
- ▶ Keep a quick-acting source of glucose to treat low blood glucose as well as an easy-to-carry snack such as a nutrition bar
- ▶ Carry or wear medical identification and carry contact information for your physician



<https://diabetes.org/tools-support/know-your-rights/what-can-i-bring-with-me-on-plane>

Travel: What items allowed?

- ▶ Insulin and insulin loaded dispensing products (vials or box of individual vials, jet injectors, biojectors, epipens, infusers and preloaded syringes)
- ▶ Unlimited number of unused syringes when accompanied by insulin or other injectable medication
- ▶ Lancets, blood glucose meters, blood glucose meter test strips, alcohol swabs, meter-testing solutions
- ▶ Insulin pump and insulin pump supplies (cleaning agents, batteries, plastic tubing, infusion kit, catheter and needle)—insulin pumps and supplies must be accompanied by insulin



Travel: What items allowed?

- ▶ Glucagon emergency kit, Urine ketone test strips
- ▶ Unlimited number of used syringes when transported in Sharps disposal container or other similar hard-surface container
- ▶ Sharps disposal containers or similar hard-surface disposal container for storing used syringes and test strips
- ▶ Liquids (to include water, juice or liquid nutrition) or gels
- ▶ Continuous blood glucose monitors
- ▶ All diabetes related medication, equipment, and supplies



Thank You



- ▶ Questions? We are here to help!
- ▶ Email info@diabetesed.net
- ▶ Call 530/ 893-8635
- ▶ www.diabetesed.net
