

Diabetes Education Services Presents:

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

Advanced Level & Specialty Topics | Level 4 | 2024

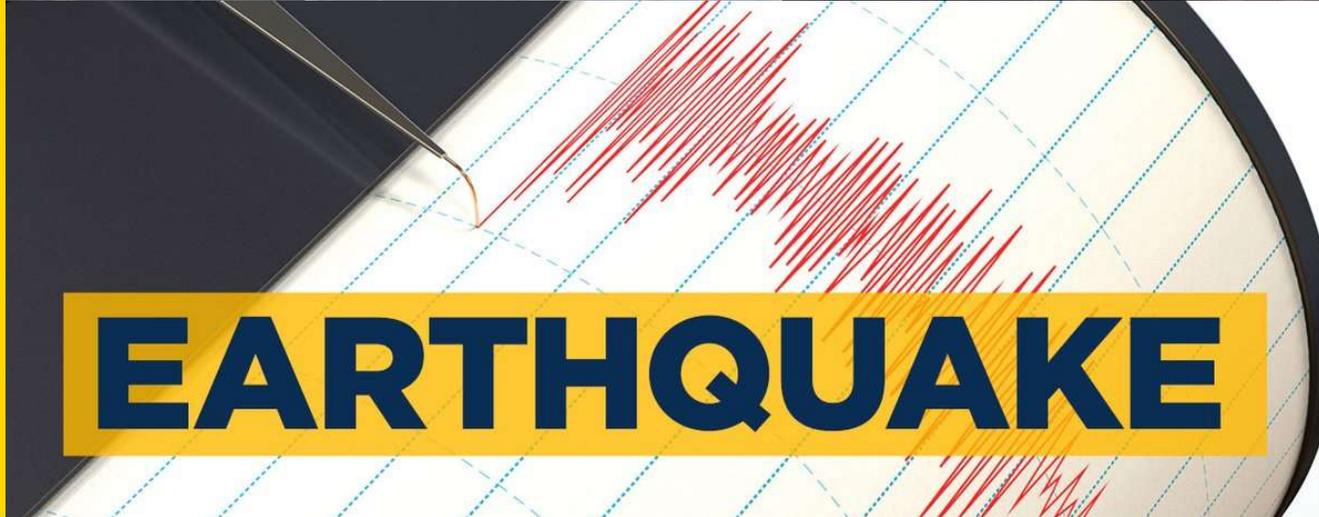
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Pronouns: She, her, hers

www.DiabetesEd.net

MY DIABETES EMERGENCY PLAN

AN IMPORTANT
CHECKLIST FOR
PEOPLE WITH
DIABETES.



EARTHQUAKE

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:

- List of the following information:
 - Type of diabetes
 - All of your medical conditions, allergies and prior surgeries
 - All medications (include pharmacy contact information, active prescription information and eligible refills)
 - Previous diabetes medications and reason for discontinuation
 - Contact information for all your health care professionals and for at least two emergency contacts
- Letter from your diabetes healthcare professionals with most recent diabetes medication regimen (especially if taking insulin), health insurance card, living will, healthcare power of attorney, etc.
- Most recent laboratory results (especially A1C, kidney and liver tests)
- If possible, a 30-day supply of all medications taken by mouth or injection for diabetes as well as all other medical conditions
 - Include insulin and a severe hypoglycemia emergency (e.g., glucagon) kit—if prescribed (always check expiration date)
- Blood glucose testing supplies including, if possible, 2 glucose meters with extra batteries
- A cooler with room for 4 refreezable gel packs, insulin and unused injectable medications to be added when ready to go
 - Note: Do not use dry ice and avoid freezing the medication
- Empty plastic bottles or sharps containers for syringes, needles and lancets
- Source of carbohydrate to treat hypoglycemic reactions (for example, glucose tablets, 6 oz. juice boxes, glucose gel, regular soda, sugar, honey or hard candy)
- A 2-day supply of nonperishable food (for example, peanut butter or cheese crackers, meal replacement shakes or bars, etc.)
- At least a 3-day supply of bottled water
- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms suggesting medical problems
- First aid supplies such as bandages, cotton swabs, dressings and topical medications (antibiotic ointments or creams)

Other recommendations:

- Wear shoes and socks while awake and examine your feet often for cuts, sores, red spots, swelling, blisters, calluses and infected toenails or any unusual condition
- Make sure that all vaccinations, including tetanus, are up-to-date
- Pack extra comfortable clothing, including undergarments
- Take a mobile phone with an extra charger or extra batteries for you and family members
- Choose a designated meeting place in case you are separated from your family and/or significant others and are unable to reach them by phone



www.diabetesdisasterresponse.org

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



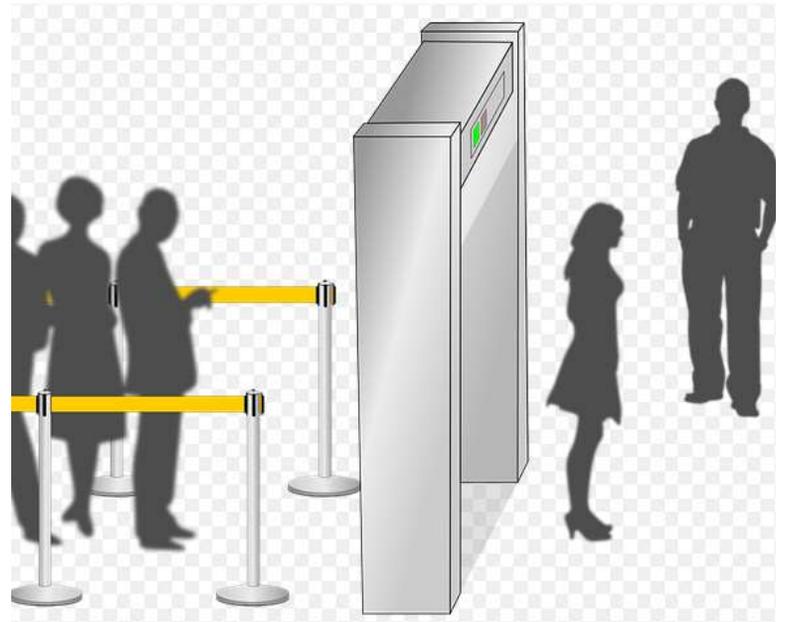
Travel Suggestions from Diabetes.org

- ▶ 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](#).



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



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