

BE AWARE. PREPARE. SURVIVE AN EMERGENCY.

MY DIABETES EMERGENCY PLAN



THIS PLAN HELPS YOU MANAGE YOUR DIABETES IN AN EMERGENCY

Stress in an emergency or a natural disaster can raise or lower blood glucose to dangerous levels. There may be no medication or food available, and no way of getting medical help.

A **Diabetes Emergency Plan** helps you to self-manage your diabetes before, during and after an emergency. Planning ahead reduces the risk of diabetes-related infections and life-threatening situations.

This plan also lists important things to put in a **Diabetes Emergency Kit** to help you survive.

Keep this plan and your emergency kit together in a safe place and keep them up to date.

EMERGENCY KIT CHECKLIST

Prepare a portable, insulated diabetes emergency kit to take with you if you need to leave at short notice. It should contain the following:

Important documents

- A list of your medical and surgery history
- A letter from your diabetes healthcare provider on your diabetes medication regimen
- A copy of your sick day management plan
- A copy of this completed plan

**CHECK THE EXPIRY DATE of your supplies
UPDATE THIS PLAN at the start of every season.**

General medical supplies

- A 14 day supply of your prescription medication
- Non-prescription drugs such as aspirin, panadol, antacid, vitamins, or any others that you buy and use from over the counter
- A 3 day supply of bottled water per person
- A cooler bag with 4 refreezeable cool packs or FRIO packs

Diabetes specific medical supplies (depending on your regular diabetes management)

- A 14 day supply of your insulin and syringes or insulin pens
- Blood-glucose testing supplies, blood-glucose monitor and extra batteries, lancets and lancet device
- Empty sharps container
- Urine or blood ketone testing strips
- Hypoglycaemia kit containing jelly beans, glucose tablets, cans of sweet soft drink, glucagon kit, a supply of non-perishable foods (e.g. peanut butter, crackers, meal replacement shakes or bars)
- Cotton balls and tissues
- Alcohol swabs
- A pen and a notebook to record blood-glucose levels

Additional items for those on insulin pump therapy

- Insulin pump settings and passwords
- Insulin pump cannulas (sites) and reservoirs
- A 14 day supply of syringes or insulin pens – in case of damage to your pump
- Spare batteries for insulin pump

Please refer to your state and territory fire and emergency services agency for a list of additional items to include in your emergency kit.

OTHER IMPORTANT ITEMS FOR YOUR EMERGENCY KIT

- Torch, extra batteries
- Lighter and candles
- Handheld radio
- First aid kit
- Whistle
- Mobile phone and extra charger
- Protective clothing
- Heavy duty gloves
- Protective eye wear
- Protective shoes
- Spare socks

For more information about how to use this plan visit www.ndss.com.au

YOUR DETAILS

Name	
Address	
Telephone	
Mobile phone	
Email	
Medicare number	
NDSS ID number	
Type of diabetes	
Blood type	

USEFUL CONTACTS

Your GP	
Telephone	
Pharmacist	
Telephone	
Local hospital	
Telephone	
Diabetes educator	
Telephone	
Endocrinologist	
Telephone	
Diabetes treating team (if not listed above)	

PERSONAL CONTACTS

Name	
Relationship	
Telephone	
Name	
Relationship	
Telephone	
Name	
Relationship	
Telephone	

DIET AND NUTRITION

List any special dietary requirements here.

ALLERGIES AND SYMPTOMS

MEDICATIONS AND SCHEDULE

List all your medications here, including ones that are not related to your diabetes such as vitamins and herbs.

Medication name and strength (mL/mg)	When do you take this?	How much do you take each time?	Last updated

HELPFUL CONTACTS

Emergency	000	Police Assistance Line	13 14 44
Crimestoppers	1800 333 000	Red Cross	1800 727 077
healthdirect Australia	1800 022 222	Salvation Army Care Line	1300 36 36 22
Lifeline	13 11 14	SES	132 500
NDSS	1300 136 588	Translating Service	13 14 50