DIABETES

>>> DISASTER PREPAREDNESS <<<

- Prepare a disaster kit. Keep it in a safe but accessible place.
- The kit should contain:
  - Diabetes medical bracelet
  - Testing supplies (sensor, reader, test strips, lancets, meter, alcohol swabs, batteries, charger, flashlight, etc.)
  - Waterproof/fireproof document holder containing medical records (including medical conditions, allergies, contact info of your healthcare providers, contact info of pharmacy, emergency contact(s), medical/pharmacy insurance info, etc.)
  - Current med list (including prescription meds, over-the-counter meds, vitamins/supplements, special eye drops, ear drops, lotions, creams, etc.). For insulins and other injectables include room temperature storage info on the med list. Obtain temperature info from the local pharmacist.
- Keep an additional supply (at least 1 week or more) of meds (including glucose tablets or gel) which may quickly be retrieved and placed in the disaster kit when needed.
- Once monthly, check expiration dates of the additional med supply and testing supplies already in the disaster kit. Replace as needed.

North Carolina Coordinating Body

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