

DISASTER PREPARATION EMERGENCY CHECKLIST

General Supplies:

- First aid kit
- Flashlights (with extra batteries)
- Blankets
- Medical Identification
- Battery-operated cell phone charger (with extra batteries)
- Portable drinking water, and water for washing, toilet flushing, etc (bottled or stored; in case of contamination or well failure)
- Sturdy boots and gloves (for post-storm clean up protection)

Diabetes Supplies: (You should have at least 2-4 weeks of supplies):

Store the following in a water proof, insulated bag*

- Printed list of prescription medications and supplies -and/or- copy of prescription labels
- Printed copy of health insurance card and prescription card
- Diabetes clinic and pharmacy contact information
- Emergency contact information
- Printed copy of insulin regimen. For pump users, list of pump settings including basal rate(s), insulin to carbohydrate ratio(s), insulin sensitivity factor(s)
- Insulin
- Cooler and cooling packs (such as FRIO pack)
- Extra glucose meter and batteries
- Meter test strips
- Lancets
- Syringes or pen needles, and container for disposal
- Alcohol wipes
- If pump user, insulin pump supplies and batteries/charger
- If continuous glucose monitoring (CGM) user, CGM supplies and charger
- Glucose tablets or other nonperishable fast-acting carbohydrates for treating hypoglycemia
- Glucagon kit
- Ketone test strips
- Anti-nausea medicine (if prescribed by your provider)
- Sugar free beverages
- Nonperishable food, preferably food that does not have to be heated. If packing canned food, make sure to have a can opener.
- Other prescription and over the counter medications
- Medical bracelet

Last –Minute Tips:

When you have advance warning of a potential natural disaster or weather event*

- Charge up all cell phones
- Make sure you have a full tank of gas in your car
- Stock up on nonperishable food and water
- Secure your property
- Disengage electric garage door openers so you have access to your garage in a power outage
- Get extra batteries, generator gas, and cooking or heating propane as necessary

*Check with your local Red Cross chapter about other recommended emergency supplies for your region. You can also visit the Federal Emergency Management Agency (FEMA) for more disaster preparation information at www.fema.gov