Emergency Preparedness:
Diabetes Management During a Crisis

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Food and Water

- Have at least a 3-7 day supply on hand.
- Make sure food supply contains food you would normally eat to control your diabetes.
- (See Water Storage and Food Storage presentations for more details.)
Medications

- Always have at least a one-week supply of insulin and all medications.
- Store medications in one location in their original containers.
- Have a list of all medications: name of medication, dose, frequency, and name of doctor prescribing it.
Keeping Medications Refrigerated During a Power Outage

- Insulin can be kept at room temperature for 30 days. Most diabetes medications don’t require refrigeration. However, a person may be taking other medications that do require refrigeration. If so, the following strategy can be used to keep medications cold:
- Keep ice or frozen cold packs in the freezer and a small ice chest handy.
- If power goes out, medications that need to be refrigerated can be kept cold by placing them in the ice chest along with the ice or frozen cold packs.
Medical Supplies

- Have at least a one-week supply of lancets, glucose meter strips and any other medical supplies you use.
- If you use an insulin pump, make sure you have a extra infusion set, cartridge, batteries and a one week supply of insulin.
- Have extra sets of batteries for glucose meters and insulin pumps.
Emergency Bag

Have a bag packed in case you need to leave your home.

Include:
- Medication list
- Medication and supplies for 3 days
- Copies of vital medical papers such as insurance cards
- When you leave, be sure to take refrigerated medications
People Who Can Help

Plan together with family, friends and neighbors.

Keep a list of people who can help (names and phone numbers):
- Family or friends
- Neighbors
- Hospital
- Medical suppliers
- Doctor/homecare provider
- Pharmacy
Create an Emergency Health Information Card

- Communicates to rescuers what they need to know about you if they find you unconscious, or if they need to quickly help evacuate you.
- Keep copies in wallet, purse and emergency supply kits.
Front of Card

- Name
- Street address
- City, State, Zip
- Phone (Home, Work)
- Birth date

- Blood Type
- Social Security #
- Health Insurance Info
- Physicians
Back of Card

- Emergency Contacts
- Conditions, Disability
- Medications
- Assistance Needed

- Allergies
- Immunization Dates
- Communication Needs
- Special Equipment Needs
Information Sources

- California Preparedness Materials: People with Special Medical Needs: American Red Cross
- California Preparedness Materials: Tips for Creating an Emergency Health Information Card: American Red Cross

www.redcross.org/disaster/safety