

Have a plan. Be ready.



Manage your diabetes in a natural disaster.

Stress in a natural disaster or emergency can raise or lower your blood glucose level. There may be no medication or food available, and no way of getting medical help. Having a plan, and being ready for natural disasters, reduces the risk of diabetes-related emergencies and life-threatening situations.

The **My diabetes plan for natural disasters** checklist helps you to manage your diabetes, before, during, and after a natural disaster. It also lists important things to put in your diabetes emergency kit.

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



For a free copy of the plan visit ndss.com.au/naturaldisasters or call the NDSS Helpline on 1800 637 700.

	NDSS	
	National Diabetes Services Scheme An Australian Government Initiative	NDSS Helpline 1800 637 700
		ndss.com.au
My diabetes plan for man		
Me	Emergency kit checklist Prepare a portable and waterproof diabetes emergency it ake with you if you need to leave at short notice. Your emergency kit should contain the following: Important documents A list of your medical and surgery history An up-to-date letter from your doctor or diabetes heal professional about how you manage your diabetes. A copy of your sick day action plan A copy of your sick day action plan A copy of this completed plan Update this plan every year or if there are any changes to how you manage your diabetes. A 14-day supply of diabetes medications (such as diabetes tablets, insulin and non-insulin injectables)	of getting medical help. Having a plan and being betes-related emergencies and life-threatening situations. Defore, during, and after a natural disaster. It also lists eit. Keep this plan and your emergency kit together in a like the plan and your emergency kit together in a like the plan and your emergency kit together in a like the plan and your emergency kit together in a like the plan and your emergency kit together in a like the plan and a power and together in a like the plan and plan an
Diabet The sup how it is These m A 14 Bloo (in or	von-prescription medicines such as aspirin, volume to the prescription medicines such as aspirin, volume to the prescription medicines such as aspirin, volume to the prescription medicines and the prescription medicines and the prescription and the prescription and the prescription of	Spare insulin pump batteries If you are using an insulin pump, continuous or flash glucose monitoring, talk to your health professionals about what to pack. Some of these supplies may have product limits or short expiry dates. These may need to be added to your kit just before you leave home. Other important items for your emergency kit A 3-day supply of bottled water per person Torch and extra batteries Lighter and candles Battery-powered radio Battery-powered radio Heavy-duty gloves
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