

*“My Doctor Says I Should Plan for Diabetes Care During a Disaster...”*

## What Do I Need to do?



Indispensable to  
human health

**BD Getting Started™**

**Planning Your Diabetes Care...  
During Disaster Conditions**

In 1993, the Garden State Association of Diabetes Educators developed

***“Guidelines for Diabetes Care During Disaster Conditions.”***

An educational grant from BD printed and circulated the “Guidelines” to diabetes educators across the United States. This brochure has been adapted from the “Guidelines” with permission. This brochure was revised in 2001 by a committee of the Garden State Association of Diabetes Educators incorporating current practices in diabetes therapy.

This informative brochure is the result of caring and commitment to the diabetes community.



# Planning Your Diabetes Care... During Disaster Conditions

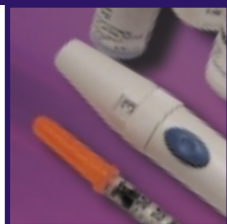
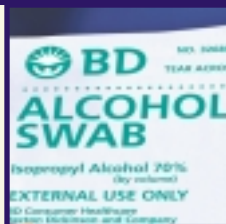
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Your lifestyle involves schedules and planning.

Coping with your diabetes can be difficult during times of unexpected events. Floods, hurricanes, tornadoes, earthquakes and even loss of electricity for a few hours can make it difficult to manage your diabetes. You and your family should plan and prepare beforehand.

In preparing for disaster, the information on the following pages will help you deal with the unexpected.





## Things to Remember About Medical Supplies

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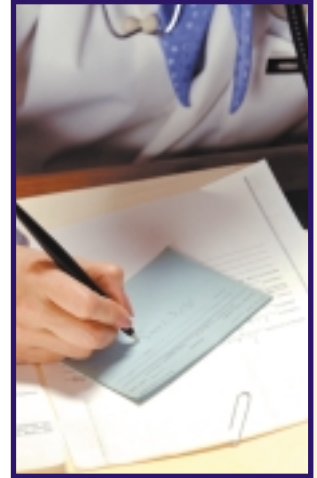
Caring for your diabetes during a disaster may be difficult if medical supplies are short. You can be prepared by safely storing the following supplies in a plastic box in a handy, dry area.

- **Insulin and the pills you take every day**
- **BD Ultra-Fine™ Syringes, BD Ultra-Fine™ II Syringes, BD Ultra-Fine™ Pen Needles, BD™ MiniPen or other Insulin Pen**
- **Insulin Pump Supplies (reservoirs or prefilled cartridges, infusion sets, insertion devices, batteries for pump and remote, antiseptic wipe, Opsite IV3000®, and insulin prescribed for insulin pump)**
- **BD™ Alcohol Swabs**
- **Meter to measure blood sugar**
- **Strips to use with your meter or strips for visual reading**
- **BD Ultra-Fine™ Lancets and Lancet Device**
- **Blood Sugar Testing Diary**
- **Urine ketone testing strips**
- **BD™ Glucose Tablets, cans of regular soda, juice and hard candies**
- **Glucagon Emergency Kit. Review instructions for giving glucagon regularly with your diabetes educator**
- **BD™ Home Sharps Container to dispose of your used syringes and lancets**



- Prescriptions for diabetes supplies (insulin syringes, glucagon, etc.)
- Medication for nausea, vomiting and diarrhea
- Insulated bag for diabetes supplies if there is a loss of electricity, especially in warm climates

**MAKE SURE YOU HAVE ENOUGH SUPPLIES FOR 2 WEEKS. THESE SUPPLIES SHOULD BE CHECKED AT LEAST EVERY 2 TO 3 MONTHS. WATCH FOR EXPIRATION DATES AND REPLACE AS NEEDED.**



## **If You Take Insulin, Here Are Some Things to Remember About Your Insulin and Syringes**

- Never omit taking your insulin unless your doctor tells you
- All insulin that comes in a bottle, except Lantus® can stay at room temperature for 28 days. At the end of 28 days, an open bottle of insulin must be thrown away, even if some insulin is left in the bottle. Once an insulin bottle is opened, it is only good for 28 days even if it is refrigerated

### **Lantus® Insulin**

- Unopened Lantus® bottles should be stored in the refrigerator
- Lantus® insulin that is not stored in the refrigerator, must be stored away from direct heat and light, in temperatures less than 86°F
- If they can not be kept in the refrigerator, 10-ml bottles, opened or unopened, are good for 28 days, as long as the temperature is not greater than 86°F

## Insulin Pens

- **Insulin Pens that are not in use and are refrigerated are good until they have reached their expiration date**
- **Insulin Pens that are in use should not be refrigerated and are good for the period of time indicated below:**

### **INSULIN IN CARTRIDGES MANUFACTURED BY LILLY**

- Humalog® pens are good for 28 days
- Humalog® Mix 75/25™ pens are good for 10 days
- Humulin® 70/30 pens are good for 10 days
- Humulin® N pens are good for 14 days

### **INSULIN IN CARTRIDGES MANUFACTURED BY NOVO-NORDISK**

- Novolog® 3.0 Penfill® are good for 28 days
- Novolin® 70/30 Penfill® are good for 10 days
- Novolin® N Penfill® 3.0 are good for 14 days
- Novolin® R Penfill® 3.0 are good for 28 days

- **Insulin must be kept from:**
  - Bright light
  - Extreme heat
  - Extreme cold
- **Before drawing up your insulin or injecting with an insulin pen, check the bottle or cartridge for:**
  - Frosting on the inside of the glass
  - Clumps in the insulin
  - Crystals in the insulin
- **Rapid-acting (Humalog® and Novolog®) and Short acting (Regular) insulin is clear**



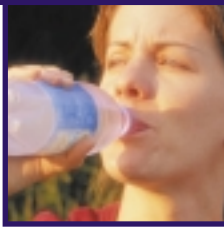
- Lantus® (insulin glargine) is a long-acting insulin that is clear and must not be diluted or mixed with other insulin's in the same syringe
- Pre-mixed, Lente and Long-acting (NPH, Ultra Lente) insulin is cloudy after rolling the bottle between your hands
- Keep a 2 week supply of sterile insulin syringes and lancets with your supplies
- Your insulin syringes and lancets will stay sterile as long as they are kept dry and the needle shield or cap has not been removed
- Although reuse of insulin syringes is not generally recommended, in life and death situations, you may have to change this policy. **EVEN IN EMERGENCY SITUATIONS, YOU CAN ONLY REUSE YOUR OWN SYRINGES OR LANCETS**



### **If You Take Diabetes Pills, Remember to:**

- Keep a 2 week supply of diabetes pills
- Follow your usual time schedule for taking your diabetes pills

**REFILL YOUR PRESCRIPTIONS AND SUPPLIES WHEN RUNNING LOW OR IF YOU KNOW THAT A STORM IS PENDING. IF YOUR INSURANCE COMPANY ONLY ALLOWS A 30 DAY SUPPLY, YOU MAY NEED TO BUY EXTRA SUPPLIES.**



## Things to Remember About Your Food Supplies

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During a disaster, it may be difficult for you to get food supplies. Keep the following food supplies in a dry, handy place.

- 1 large box unopened crackers (saltines)
- 1 jar peanut butter
- 1 small box powdered milk (or milk that does not need refrigeration)
- 1 gallon of water per day per person for at least one week
- 2 packages cheese and crackers or 1 jar soft cheese
- 1 package dry, unsweetened cereal
- 6 cans sugar-free soda
- 6-pack of canned fruit juice or sports drink
- 6 cans of fruit packed in water or its own juice
- 1 spoon, fork and knife per person
- Disposable cups
- 4 packages of BD™ Glucose Tablets or small hard candies for low blood sugar
- Cans of tuna, salmon, chicken, nuts
- Manual can opener



**THESE SUPPLIES SHOULD BE CHECKED AND REPLACED YEARLY.**



## Things to Remember About Your Meal Plan

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Following your daily meal plan may be different during a disaster. Here are some helpful hints:

- **Never skip a meal**
- **Try to follow your daily meal plan as closely as possible**
- **Avoid getting hungry or overeating**
- **Make sure your water and/or food supply has not been contaminated before eating or drinking. If you think that your water supply is not safe, boil water for at least 3 minutes, then pour the boiled water into a sterile container if available**

### High/Low Blood Sugar

- **If you should eat too much or are stressed because of an emergency, this may cause **HIGH BLOOD SUGAR****
- **During a disaster, your meal times may change. This change may cause **LOW BLOOD SUGAR****

**THE INFORMATION ON PAGES 11 AND 12 WILL TELL YOU WHAT TO DO ABOUT HIGH AND LOW BLOOD SUGAR.**



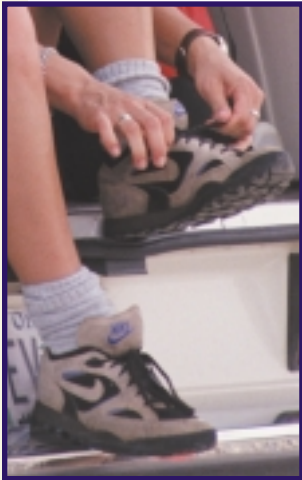
## Things to Remember About Your Feet

- Disaster debris, such as wood, glass or metal pieces can increase your risk for injury
- Check your feet daily for open sores or blisters

- Heat, cold, and excessive dampness can lead to infection, especially if your blood sugar is high
- Never go without shoes

During emergency situations, parental consent forms will allow treatment to occur in case the child is separated from his/her parents and requires care for diabetes or other health conditions.

It is a good idea to have signed consent forms on file with the child's physician, school and other persons identified as an emergency contact.





## About Your Health

If you are not feeling well, call your doctor. If you are unable to reach your doctor, and are out of medication or food:

- **Go to the nearest hospital**
- **Contact the police**
- **Contact the American Red Cross**
- **Go to an emergency medical center**

It is important that you take care of yourself and your diabetes, so that you are able to assist other family members and neighbors during this period.



# ...Know the Difference

## HIGH BLOOD SUGAR

### **HYPERGLYCEMIA**

*(Signs and symptoms occur slowly over hours to days)*

#### ***Watch for:***

- Increased thirst and urination
- Large amounts of sugar in the blood
- Ketones in urine
- Weakness, stomach pains, general aches
- Heavy, labored breathing
- Loss of appetite, nausea and vomiting
- Fatigue

#### ***What to do:***

- Call Doctor immediately
- Drink fluids without sugar if able to swallow
- Test blood sugar frequently
- Test urine for Ketones if blood sugar is greater than 300 mg/dl
- If using an insulin pump, change the infusion set, reservoir and insulin
- If insulin pump supplies are not available, give regular insulin via insulin syringe according to prescribed sliding scale

#### ***Causes:***

- Not enough insulin
- Too much food
- Infection, fever, illness
- Emotional stress

## **HYPOGLYCEMIA (INSULIN REACTION)**

*(Signs and symptoms occur very quickly — within minutes)*

### **Watch for:**

- Cold sweat, faintness, dizziness
- Headache
- Pounding of heart, trembling, nervousness
- Blurred vision
- Hunger
- Irritability
- Personality change
- Not able to awaken

### **What to do:**

- Check blood sugar level if possible
- Take 2 to 3 BD™ Glucose Tablets, liquids or foods containing sugar
- Wait 15 minutes and retest blood sugar
- If blood sugar is still less than 60 mg/dl, treat with BD™ Glucose Tablets or liquids/foods containing sugar. Follow with next meal or snack
- Do not give anything by mouth if not conscious
- If unconscious give glucagon according to package directions and call local Emergency Medical Services
- Report all moderate and severe reactions to Doctor

### **Causes:**

- Too much insulin
- Not eating enough food
- Unusual amount of exercise
- Delayed meal
- Drinking alcohol without eating food

**LOW  
BLOOD  
SUGAR**

## Diabetes care information telephone numbers

My Doctor: \_\_\_\_\_

My Pharmacy: \_\_\_\_\_

Local Hospital(s) Emergency Room: \_\_\_\_\_

My Community Emergency Number:  
911 or \_\_\_\_\_

My Diabetes Educator: \_\_\_\_\_

Community Emergency  
Management Office: \_\_\_\_\_

Local Police: \_\_\_\_\_

Local American Red Cross: \_\_\_\_\_

## Family member

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Medications I Take: \_\_\_\_\_

\_\_\_\_\_

BD provides this brochure for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure.



**BD Consumer Healthcare**

1 Becton Drive

Franklin Lakes, NJ 07417-1883

1.888.BDCARES (232.2737)

[www.bddiabetes.com](http://www.bddiabetes.com)

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