BE AWARE. PREPARE. SURVIVE AN EMERGENCY.

MY DIABETES EMERGENCY PLAN

THIS PLAN HELPS YOU MANAGE YOUR DIABETES IN AN EMERGENCY

Stress in an emergency or a natural disaster can raise or lower blood glucose to dangerous levels. There may be no medication or food available, and no way of getting medical help.

A Diabetes Emergency Plan helps you to self-manage your diabetes before, during and after an emergency. Planning ahead reduces the risk of diabetes-related infections and life-threatening situations.

This plan also lists important things to put in a Diabetes Emergency Kit to help you survive.

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

Diabetes specific medical supplies (depending on your regular diabetes management)

- A 14 day supply of your insulin and syringes or insulin pens
- Blood glucose testing supplies, blood glucose monitor and extra batteries, lancets and lancet device
- Empty sharps container
- Urine or blood ketone testing strips
- Hypoglycaemia kit containing jelly beans, glucose tablets, cans of sweet soft drink, glucagon kit, a supply of non-perishable foods (For example peanut butter, crackers, meal replacement shakes or bars)
- Cotton balls and tissues
- Alcohol swabs
- A pen and a notebook to record blood glucose levels

Additional items for those on insulin pump therapy

- Insulin pump settings and passwords
- Insulin pump cannulas (sites) and reservoirs
- A 14 day supply of syringes or insulin pens - in case of damage to your pump
- Spare batteries for insulin pump

Please refer to your state and territory fire and emergency services agency for a list of additional items to include in your emergency kit.

OTHER IMPORTANT ITEMS FOR YOUR EMERGENCY KIT

- Torch and extra batteries
- Lighter and candles
- Handheld radio
- First aid kit
- Whistle
- Spare socks
- Mobile phone and extra charger
- Protective clothing
- Heavy duty gloves
- Protective eye wear
- Protective shoes

For more information about how to use this plan visit ndss.com.au

CHECK THE EXPIRY DATE of your supplies UPDATE THIS PLAN at the start of every season.

General medical supplies

- A 14 day supply of your prescription medication
- Non-prescription drugs such as aspirin, panadol, antacid, vitamins, or any others that you buy and use from over the counter
- A 3 day supply of bottled water per person
- A cooler bag with 4 refreezeable cool packs or FRIO packs

Important documents

- A list of your medical and surgery history
- A letter from your diabetes healthcare provider on your diabetes medication regimen
- A copy of your sick day action plan
- A copy of this completed plan

OTHER IMPORTANT ITEMS FOR YOUR EMERGENCY KIT

- Important documents
- General medical supplies

EMERGENCY KIT CHECKLIST

Prepare a portable, insulated diabetes emergency kit to take with you if you need to leave at short notice. It should contain the following:

- Important documents
- General medical supplies

NDSS Helpline 1300 136 588
ndss.com.au

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia.

This brochure was developed by the Australian Diabetes Educators Association with funding under the National Diabetes Services Scheme.
YOUR DETAILS

Name
Address
Telephone
Mobile phone
Email
Medicare number
NDSS number
Type of diabetes
Blood type

PERSONAL CONTACTS

Name
Relationship
Telephone
Name
Relationship
Telephone
Name
Relationship
Telephone

USEFUL CONTACTS

Your GP
Telephone
Pharmacist
Telephone
Local hospital
Telephone
Diabetes educator
Telephone
Endocrinologist
Telephone
Diabetes treating team
(if not listed above)

DIET AND NUTRITION

List any special dietary requirements here.

ALLERGIES AND SYMPTOMS


MEDICATIONS AND SCHEDULE

List all your medications here, including ones that are not related to your diabetes such as vitamins and herbs.

Medication name and strength
(mL/mg)
When do you take this?
How much do you take each time?
Last updated

HELPFUL CONTACTS

Emergency 000
Crimestoppers 1800 333 000
healthdirect Australia 1800 022 222
Lifeline 13 11 14
NDSS Helpline 1300 136 588
Police Assistance Line 13 14 44
Red Cross redcross.org.au
SES 132 500
Translating and Interpreting Service 13 14 50

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