

# MAKE A PLAN. MANAGE YOUR DIABETES IN AN EMERGENCY.

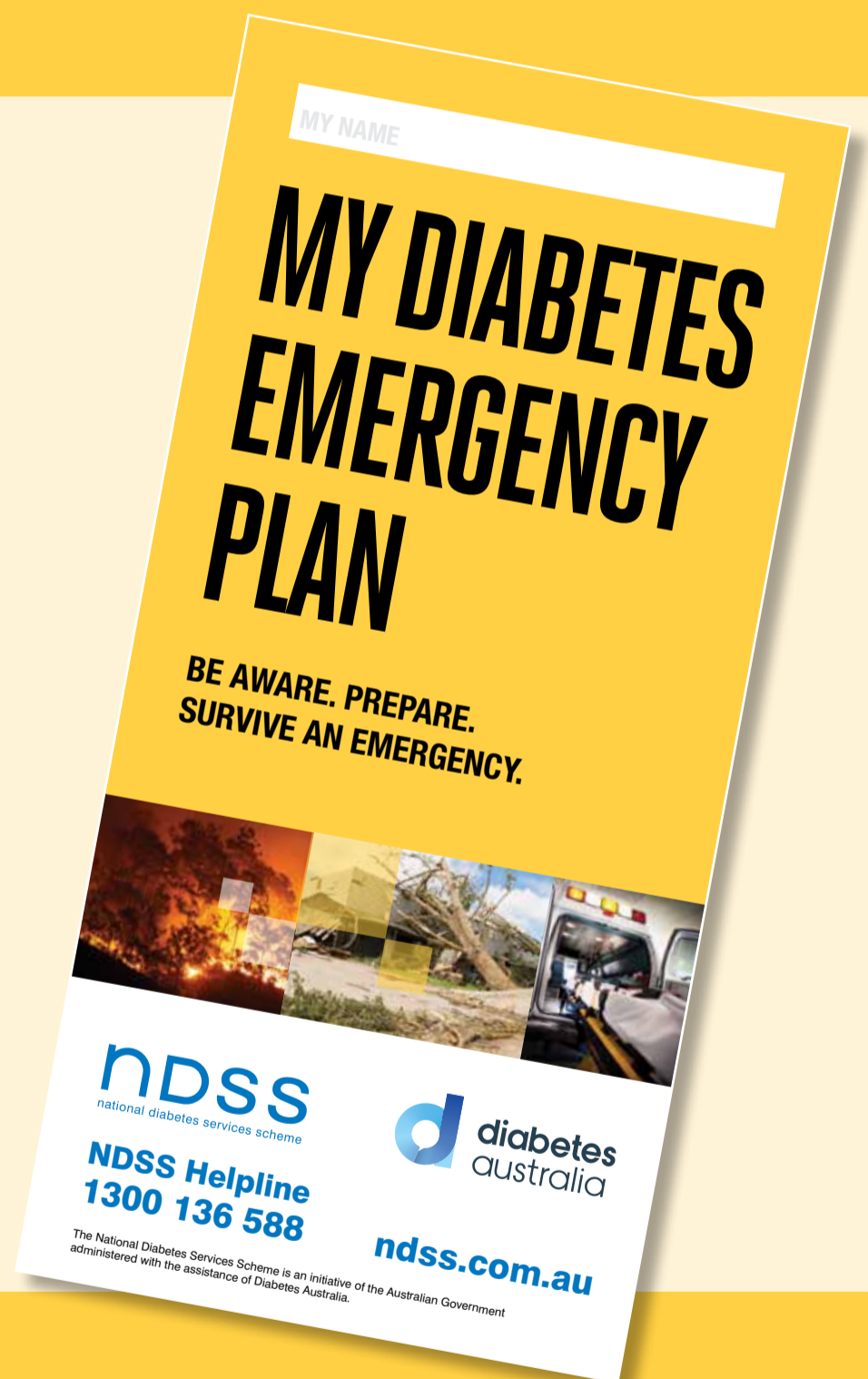
**Stress in an emergency or a natural disaster can raise or lower blood glucose levels. There may be no medication or food, and no way of getting medical help.**

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.

Make a plan and prepare a Diabetes Emergency Kit to last at least 14 days.

**A free copy of the plan is available from:**

**NDSS Helpline  
1300 136 588  
ndss.com.au**



**ndss**  
national diabetes services scheme

**diabetes  
australia**

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

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

