

# MAKE AN EMERGENCY PLAN WITH YOUR FAMILY

Use the following list as a starting point to prepare your own personalized emergency preparedness kit.

DIABETES SUPPLIES (2 WEEKS' WORTH)	
	Medication – note expiry dates and rotate as needed
	Blood glucose monitor
	Test strips and lancets
	FRIO or other refrigeration method to keep insulin cool
	Syringes or needle tips
	Insulin pump supplies
	Record of basal rates, insulin-to-carbohydrate ratio and insulin sensitivity factor (if needed)
	Fast-acting carbohydrate, such as glucose tablets or LifeSavers
	Backup batteries for meter
	Glucagon kit (to treat severe hypoglycemia)
	Ketone strips

BASIC SUPPLIES	
	Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
	Food that won't spoil, such as canned and dried foods, and energy bars (replace food and water once a year)
	Manual can opener
	Flashlight (and extra batteries); replace batteries once a year.

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## BASIC SUPPLIES (CONTINUED)

	Crank, battery-powered radio (and extra batteries)
	First aid kit
	Extra keys to your car and house
	Some cash in smaller bills, change for pay telephones
	A copy of your emergency plan and contact information
	FRIO or other refrigeration method to keep insulin cool

## IMPORTANT INFORMATION

	Printed copy of all prescriptions or list of current medications
	Health care provider phone number
	Serial numbers and model information of any devices that you use
	Continuous glucose monitor and receiver (if using)

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