

## FOOD SAFETY

- Be sure to have enough food that does not need to be cooked, like crackers, cheese or peanut butter, on hand to last three days. Sandwiches with canned tuna, salmon or chicken are easy to make without power. Be sure to have a manual can opener.
- People with diabetes often have weakened immune systems so there is higher risk for foodborne illness.
- Food can be kept in the refrigerator for about four hours if the door is not opened. A full freezer will keep food for 48 hours, 24 hours if half full, as long as the door remains closed.
- Have plenty of water on hand, about one gallon per person per day.

For more information go to:  
[www.foodsafety.gov](http://www.foodsafety.gov)

## EFFECTS OF STORMS and CLEAN UP ON BLOOD SUGAR

- Stress from emergencies can cause blood sugars to rise.
- Repairing damage from storms can lower blood sugars. Don't overdo it.
- Always wear sturdy, protective shoes or boots and check feet for irritations, open sores or blisters.
- Talk with your health care provider about your specific needs.



For more information on  
preparing for an emergency go to:  
<http://ct.gov/dph/prepare>  
<http://www.ct.gov/demhs>

## Diabetes Disaster

### Preparedness

### Be READY!



Hurricanes, snowstorms and other natural disasters can hit Connecticut hard. Having diabetes requires special planning to keep blood sugars in control during an emergency.



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# Diabetes control requires planning ahead of time for disasters. Be ready!

It is important for people with diabetes and all chronic diseases to be prepared to take care of themselves in case of an emergency. People with diabetes are especially at risk because of the nature of the disease. Schedules and planning are critical for good blood sugar control. An emergency such as a flood, snowstorm or loss of power can have a serious impact.

The first 72 hours following a disaster are the most important because this is when travel is most difficult, making it hard to get help and supplies, if needed.

**HAVE A DISASTER PLAN AND EMERGENCY KIT FOR BASIC NEEDS!**



Your emergency kit should include, but not be limited to:

- Medical information, including current illnesses and medications.
- List of health care providers and their contact information.
- ALL of your medications, including over-the-counter items.
- Syringes, insulin or insulin pens, if you are on insulin.
- Alcohol swabs.
- Blood sugar log book.
- Insulin pump supplies, if you are on a pump.
- Meter to measure blood sugar, test strips, lancing device and lancets.
- Urine ketone strips for type 1 diabetes.
- Quick acting carbohydrates like glucose tabs, hard candy or regular soda.
- Glucagon emergency kit if you are on insulin.
- Hard plastic container with cap to discard "sharps."

## **INSULIN and METER STORAGE:**

Insulin can be stored at room temperature (59°-86°F) for 28 days, but should NOT be exposed to excessive light, heat or cold. Be careful that the insulin does not freeze if you need to pack it with ice. Insulin that clumps or sticks to the side of the bottle should not be used.



**DO NOT SHARE SYRINGES.**

Your meter and test strips should not be exposed to high heat or humidity. Do quality control checks to be sure your meter is accurate. DO NOT share meters.

## **OTHER TIPS:**

- Stay hydrated, drink plenty of water.
- Take your medications and follow your meal plan.
- Check your blood sugars.