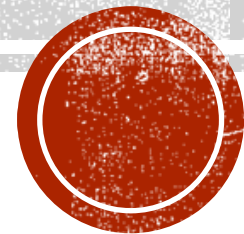


**WHAT IF . . .
YOU HAD TO . . .
LEAVE YOUR HOME!**



World Diabetes Day November 14, 2023

Presenter: Barb Thompson TDC, WRT2&4HS



FOR PEOPLE WITH DIABETES THERE ARE 2 VERY IMPORTANT THINGS TO CONSIDER IN AN EMERGENCY EVACUATION

1. Do you have a Diabetes Emergency plan?
2. What is in your Diabetes Emergency Kit?



WHAT IS AN EMERGENCY

- Wikipedia describes an emergency as an urgent, unexpected, and usually dangerous situation that poses an immediate risk to health, life, property, or environment and requires immediate action.

We are not able to anticipate every urgent situation or unforeseen circumstance which may include a flood, power outage, or a family crisis where you must leave your home in a hurry.



MANAGING DIABETES IN EMERGENCY SITUATIONS



PREPARATION IS KEY:



A LITTLE PLANNING WILL GO IN MEETING YOUR UNANTICIPATED EVACUATION.





**EMERGENCY
PREPAREDNESS
STARTS WITH YOU**



WHAT SHOULD YOU PREPARE

STORE A DIABETES KIT IN AN EASY-TO-CARRY WATERPROOF BAG OR CONTAINER INCLUDING:

Documents: such as a copy of your Manitoba Health Card, Health Insurance information.

Information such as :

- Copies of all prescriptions and current medications, dosages and times when you take your medication.
- Your Doctor's name or Health care Provider, Phone Number
- Pharmacy you use include the phone number for them.
- Emergency contact name and phone number



Anne's Medication Log

Date	Medication	Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Medication																																	
Date																																	
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BLOOD SUGAR LEVELS



- During times of high stress situations your blood glucose may fluctuate so it is important for you to check your blood sugar levels more often.
- Always be prepared for highs or lows and know how to manage them.
- **Note: Even though we would like to it is important to note that you SHOULD NOT share your supplies such as meters, lancets, and syringes with other people.**



Follow a meal plan.

- Eat at regular times.
- Stay hydrated with water
- Carry or know where your fast acting carbohydrate foods are.

To treat hypoglycemia, the standard advice is to consume 10–15 grams of “fast-acting” carbohydrate. Each of the following items provides roughly 10–15 grams of carbohydrate:

- 5–6 LifeSaver candies
- 4–6 ounces regular (non-diet) soda
- 4–6 ounces of orange juice
- 2 tablespoons of raisins
- 8 ounces of nonfat or low-fat milk
- One tube (0.68 ounces) of Cake Mate decorator gel.

There are also several commercially available glucose tablets and gels. Benefits to using commercial products include the following:

- They aren't as tempting to snack on as candy is.
- They contain no fat, which can slow down digestion, or fructose, which has a smaller and slower effect on blood glucose.
- The commercial products are standardized, so it's easy to measure out a dose of 10–15 grams of carbohydrate.
- Glucose tabs are covered by NIHB



TAKE CARE OF YOUR FEET



Whether you're home or away from home it is important that your feet are protected.



Avoid going barefoot.



Check your feet daily.





**FOR EVERYONE WHO IS AFFECTED WITH DIABETES
WHETHER YOU ARE TAKING PILLS, INJECTABLE INSULIN
OR CGM, INCLUDE IN KIT**

- List of medical/health conditions
- Doctor's Contact Information
- Emergency contact person's information & phone number
- List of medications
- Include any over the counter or herbal medications.
- Glucose monitoring system
- Extra batteries
- Logbook and pen
- Lancet and test strips
- Sharps container (Empty plastic bottle)



Include in your KIT

Quick source of sugar such as:

- Glucose tablets
- Juice packs
- Hard candy

Snacks such as:

- Granola bars
- Peanut butter
- Cheese
- Crackers

- Bottled water and
- regular soda (in the event of a low blood sugar)

Include a copy of Diabetes Canada Sick day guidelines for reference

And hand sanitizer

**FOR PEOPLE
TAKING ORAL
DIABETES
MEDICATION
AND/OR INSULIN**



Include in your KIT

You can use a Thermal storage bag (or insulated lunch kit)

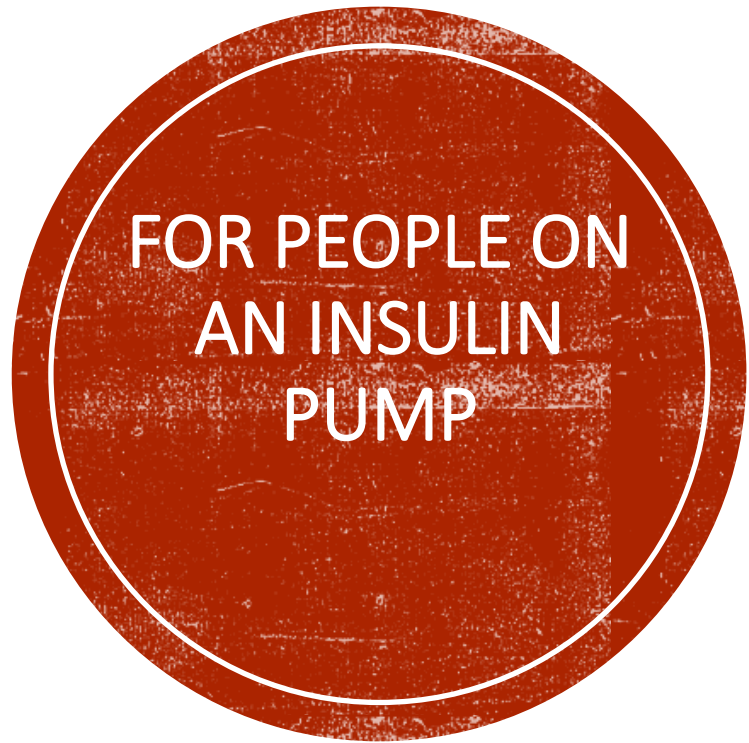
- | | |
|---|---|
| <input type="checkbox"/> Insulin vials/cartridges | For people with Type 1 Diabetes |
| <input type="checkbox"/> Insulin syringes with needles or | <i>include:</i> |
| <input type="checkbox"/> Insulin Pens and pen needle tips | <input type="checkbox"/> Glucagon Kit and |
| <input type="checkbox"/> Glucose meter test strips or | <input type="checkbox"/> Blood ketone tester and test |
| <input type="checkbox"/> Urine test strips | strips |
| <input type="checkbox"/> Alcohol swabs and tissues | |
| <input type="checkbox"/> Cold packs or Gel packs | |

NOTE: *When packing insulin vials or cartridges use an insulated lunch kit and a covered cold pack. Insulin may be stored at room temperature for 28-30 days.*

DO NOT STORE INSULIN IN YOUR KIT UNTIL YOU ARE READY TO LEAVE

**FOR PEOPLE
TAKING
INSULIN
INJECTIONS**



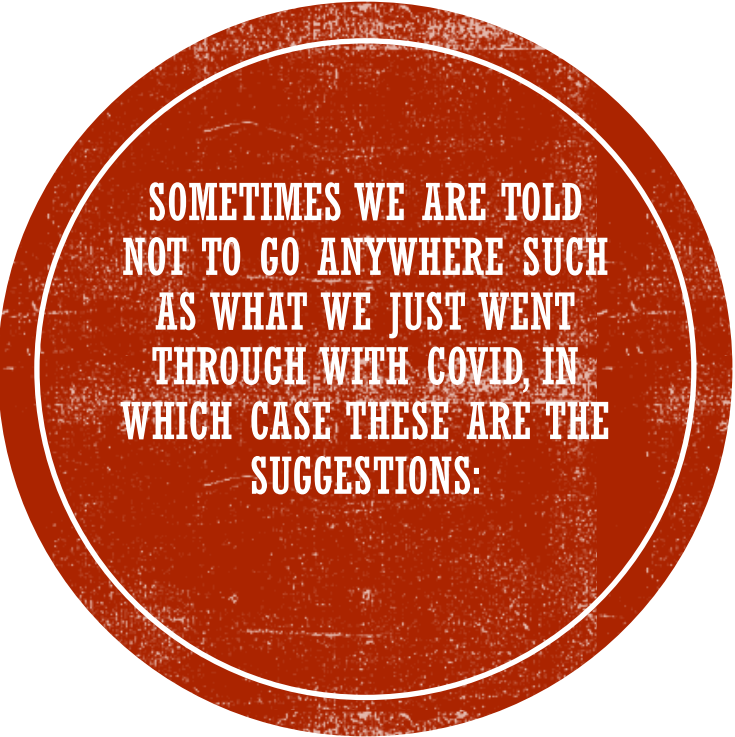


Include in your KIT
all the previously listed items
Add the following:

- Insertion/infusion sets
- Skin preps and tape
- Cartridges/reservoirs
- Extra pump batteries
- Directions for switching back to insulin injections
- Current record of your:
 - _ Basal and Bolus rates
 - _ Insulin sensitivity factor
 - _ Insulin/Carbohydrate ratios



- Store supplies correctly per manufacturer's instructions.
- Regularly check your emergency kit for expired medication, food, and replace items.
- Also, inspect batteries replace if needed.
- If you use a pump, be sure to educate yourself on how to switch to injections, in case you are unable to use your pump during an emergency.
- If you use a continuous glucose monitor (CGM), have a back-up glucometer and blood sugar testing supplies on hand and be familiar with its use, in the event that you can't access your CGM reader.
- If you are concerned about your medication supply or have questions related to the timing or administration of your medications, contact your healthcare provider, pharmacist or provincial telehealth service, where available, for assistance.



SOMETIMES WE ARE TOLD
NOT TO GO ANYWHERE SUCH
AS WHAT WE JUST WENT
THROUGH WITH COVID, IN
WHICH CASE THESE ARE THE
SUGGESTIONS:

You will want to have at least a three-day supply of bottled water and a two-day supply of non-perishable food on hand.

Drinking plenty of water can help combat dehydration, as being dehydrated can have a negative effect on how your medications work and your overall health.

Make sure to include calorie-dense foods, such as energy bars and freeze-dried meals (note the carbohydrate content and serving size) and foods that contain protein (for example, peanut butter).

Fluctuations are to be expected in an emergency situation, so don't be too hard on yourself if your numbers aren't ideal.

Stress and irregular eating can affect your blood sugar levels, so you should plan on testing more often than normal during this time, especially if you take insulin to manage your diabetes.



**STAY SAFE AND
BE PREPARED**

By having a plan and packing a diabetes kit, you will be prepared during an emergency so that you can focus on staying safe and healthy.

If you are relocated be sure to have your KIT with you,

Let another family member know where it is and what is in it.

**ALWAYS WEAR YOUR
MEDIC ALERT BRACELET**

**THANK YOU FOR BEING HERE TODAY
FOR WORLD DIABETES DAY
NOVEMBER 14, 2023**

REFERENCES: DIABETES CANADA

