

## 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

- 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 management plan
- A copy of this completed plan

### 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

### Diabetes specific medical supplies (for people using insulin)

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

**For more information about how to use this plan visit [www.ndss.com.au](http://www.ndss.com.au)**

## THIS PLAN HELPS YOU MANAGE 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.

## HELPFUL CONTACTS

Emergency	000
Crimestoppers	1800 333 000
healthdirect Australia	1800 022 222
Lifeline	13 11 14
NDSS	1300 136 588
Police Assistance Line	13 14 44
Red Cross	1800 727 077
Salvation Army Care Line	1300 36 36 22
SES	132 500
Translating Service	13 14 50

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



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

My Name

# MY DIABETES EMERGENCY PLAN

**BE AWARE. PREPARE. SURVIVE AN EMERGENCY**



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The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

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