

# MANAGING DIABETES DURING TIMES OF WAR/CONFLICT AND NATURAL DISASTERS



## 1- Put your medical information in a sealed plastic bag, including:

- Copies of any prescriptions, including those related to eye health.
- Current medications, including the names, doses, and the times you take them.
- Insulin-to-carbohydrate ratio, insulin sensitivity factor, and target blood sugar level.
- Pharmacy name, doctor's name, address, and phone number.
- Brand, model, and serial number of your insulin pump or continuous glucose monitoring device.
- A copy of your photo ID and health insurance card.

## 2- Prepare enough diabetes supplies for at least one to two weeks, including:

- Insulin and syringes.
- Blood glucose meter.
- Extra batteries for the blood glucose meter and insulin pump.
- Lancets and lancet devices.
- Insulin pump supplies, including extra pump sets and infusion devices.
- Glucagon emergency kit, which is an injection given to treat severe low blood sugar levels.
- Ketone strips.
- Alcohol swabs.
- Glucose tablets or 15 grams of fast-acting carbohydrates (such as juice, hard candy, or honey) to treat low blood sugar levels.
- Oral diabetes medication.
- Empty plastic bottle or sharps container to safely dispose of syringes, needles, and lancets.

Make sure to store your supplies properly according to the manufacturer's instructions, and also check the expiration dates of your supplies every few months. Anything nearing expiration, replace it with new supplies.

## 3- Take care of your mental health

- Disasters and emergencies can impact your overall health. Take care of your mental well-being during emergencies, so you can help yourself and your family. If possible, reach out to family, friends, and your community to support each other.
- Children may also have strong emotions during and after emergencies. Learn how you can help children cope with such situations.

## 4- Seek shelter that meets your needs

- If you need to go to a shelter during an emergency, look for a shelter that can meet your medical needs. When you arrive at the shelter, inform the responsible individuals about your diabetes condition and any other relevant conditions, in order to assist you with medical care and storage of medications such as insulin.