



## Hurricane Emergency Kit for Diabetes Patients

It is vital to be prepared ahead of any storm, especially if you have a medical condition such as diabetes. Basic medical care services may not be immediately available in the event of a hurricane. You can build your very own hurricane emergency kit that is diabetes friendly with this guide.

### Water

In case water becomes contaminated, ensure that you have filtered, purified water stocked at home. It is recommended that people stock 1 gallon of water/person/day (estimate 3 days).



### Power Outage & Refrigeration

It is important to note that a refrigerator will hold food safe for approximately 4 hours and a full freezer will hold the temperature for approximately 48 hours if the door remains closed.

### Food

When it comes to stocking up on non-perishable food items, you want to try to purchase healthy options. You also want to ensure that you keep to your normal diet as much as possible. If you normally have 3 meals and 2 snacks, think about non-perishable foods that could substitute for your usual meals. A dietitian can help you find healthy, non-perishable food alternatives.

#### Starches, Fruits & Vegetables

- Whole grain crackers, whole grain cereals, whole grain rice cakes, or quick oats
- Canned fruit
- Canned vegetables



#### Proteins

- Canned fish (i.e. salmon, tuna, sardines, crab); canned chicken/turkey; canned beans
- Natural nut butters (i.e. peanut, almond, cashew, hazelnut)
- Unsalted nuts (i.e. almonds, cashews, walnuts, etc.),
- Evaporated, canned milk Protein powder (whey, casein, etc.)
- Protein bars Glucerna beverage or bars



#### Snacks/Comfort Foods

- Popcorn (already popped and stored in air-tight bag/container)
- Homemade muffins, cookies, granola bars (utilizing healthy ingredients such as whole wheat flour; see DREAM Centre recipes for further ideas)
- Homemade pita chips (whole wheat pita bread, baked, stored in air-tight bag/container)
- Homemade trail mix (dried cereal, unsalted nuts, small amounts of dried fruit)
- Unsweetened applesauce, sugar free jello/ pudding packs -
- Granola bars (review nutrition facts and ingredients; choose those with less than 200 mg sodium, less than 20 grams of carbohydrate and more than 3 grams fiber per serving)
- Cheese and cracker packs (note also used in treatment of low blood sugar)
- Sugar-free chewing gum



### Basic Household Equipment

- Working can opener
- Disposable plates, cups, cutlery



# Hurricane Emergency Kit for Diabetes Patients (Continued)

## Diabetes-related equipment

- ✓ Sufficient supply of all medications prescribed by your physician
- ✓ Treatment for low blood sugar (ie. small juice boxes, sugar packets, dextrose tabs, etc.)
- ✓ Lists of emergency contacts, all current medications and allergies (be sure to place them in a waterproof plastic bag)
- ✓ Reusable frozen gel packs to keep insulin cool
- ✓ Extra batteries for your glucometer/insulin pump
- ✓ An extra amount of other prescriptions, such as blood pressure medication, as well as any over-the-counter medication you might need (such as allergy medicine, ibuprofen)
- ✓ A small, hard plastic bottle to store used insulin needles and testing lancets

## Other emergency equipment

- ✓ A first aid kit that contains bandages, antibiotic cream, cotton balls, alcohol swabs and a haemostatic bandage (this product quickly stops bleeding from wounds).
- ✓ A hard, plastic and waterproof container to store your supplies.
- ✓ Toiletries (cloths, paper towels, toilet tissue, etc).

## Summary

The extra effort put into building a diabetes friendly emergency kit proves its worth whether you plan to stay at your home, go to a shelter or evacuate. Be sure to go over your plan and disaster kit with your family and health care provider before a hurricane hits the island.

## Be Prepared! Hurricane Diabetes Checklist

Food and drinks		Diabetes Supplies and Equipment	
	<b>Water for three days (1 gallon of water per person per day)</b>		<b>Sufficient supply (up to a week) of prescribed medications</b>
	<b>Food for meals using non-perishable foods (starches, fruits, proteins)</b>		<b>Treatments for low blood sugar</b>
	<b>Healthy snacks</b>		<b>Lists of emergency contacts, all medications and allergies (stored in a plastic bag)</b>
	<b>Can opener and disposable plates, cutlery</b>		<b>Reusable frozen gel packs to keep insulin cool</b>
Emergency Equipment			<b>Extra batteries for your glucometer</b>
	<b>First aid kit</b>		<b>Extra supplies of over the counter medications (allergy medicine, ibuprofen)</b>
	<b>Hard, plastic, waterproof container</b>		<b>Small, hard plastic bottle for needles and lancets</b>
	<b>Toiletries</b>		



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