ROLE OF THE DIABETES EDUCATOR IN DISASTER PREPAREDNESS

BEFORE A DISASTER:

1. Learn the Emergency Operation Plan for your community/county. *Call the local health department or county administration office to find this information.
2. Know who the Emergency Management Coordinator is and his/her telephone number.
3. Know how to contact the Emergency Management Coordinator if there is no telephone communication.
4. Know where the command center is located in your community.
5. Know who is the County Health Officer for your local health department.
6. Coordinate diabetes disaster guidelines with local American Diabetes Association Chapter, American Red Cross, Juvenile Diabetes Foundation, local hospitals and clinics, public health nurses, your employer and co-workers.
7. List educational and medical resources, with telephone numbers, for the pregnant woman, children, and other adult with diabetes.
8. Prepare sample sheets of survival information with local radio, TV, cable TV, and newspapers.
9. Have a resource list of crisis intervention providers in your community.
10. In your practice, emphasize problem-solving skills and aspects of prevention.
11. Provide Fact Sheets to your clients with diabetes:
   - Important Disaster Information
   - Food Items to be Stored
   - Diet Considerations During a Disaster
   - Sick Day Rules for Persons with Diabetes
   - Medical Supplies for Two Weeks
   - Key Telephone Numbers

DURING A DISASTER:

1. Report to your employer or to the Health Officer of the Local Health Department.
2. Utilize the communication resource list and disseminate the samples of survival information.
3. Contact pharmaceutical and medical supply companies for emergency supplies, if needed.
4. Identify stress and burnout among workers and in people who have diabetes as early as possible and make appropriate interventions.