IMPORTANT

DISASTER INFORMATION

Preparation is the key to disaster survival! You can begin by imagining what products and services you may have to do without. For instance, you may not have running water, electricity, gas, or transportation. Telephones may not work. Such interruption of services could limit your access to medical care, insulin, or other necessary medications or supplies.

Make A Plan

First make a family plan to keep your family safe during the emergency itself. Know where is the safest spot in your home or building during an earthquake. If your area is in a flood plain, know where the nearest high ground is and how to get to the highest part of your building, if necessary. Know evacuation routes from your location.

Pick a family meeting place to get together afterward to reunite family members. For families with young children in daycare or schools, make sure the school knows who can come and get your child. Keep chalk at home so you can write on your drive or sidewalk where you have gone. Establish a neighborhood emergency team (net). Neighbors can often provide communications, supplies, and other resources in an emergency.
Food

Food and water are critical to long term survival. It is good to keep a two-week supply of food and water for each person in your family on hand. Consider bottled water, food in cans with pop-tops, and other food in single serving containers. Some easy-to- store foods and liquids that can keep you and your family on a healthy food plan include:

- Bottled water (one gallon per person per day)
- Canned evaporated milk
- Powdered milk
- Soy Milk in individual boxes
- Dried fruit
- Nuts
- Crackers and pretzels
- Canned fruit in water pack or lite syrup
- Canned vegetables
- Canned fruit juice
- Cereal
- Single servings of stew, chili, spaghetti
- Canned tuna
- Pudding and jello cups
- Peanut butter
- Protein Bars
- Baby formula if needed
- Pet food if needed for pets

Keep a duffel bag with above items packed for quick departures.

**Remember basic food safety! Discard anything that doesn’t smell or look right.**

If home during a disaster, turn the refrigerator and freezer to the highest setting. This will keep things longer. Place the most frequently used foods at the front of the fridge for quick and easy access if the electricity is off. If you have any cooking capacity, make a stew of the most highly perishable items in the refrigerator (meats, chicken, and vegetables) and eat that first. Toast bread items; they will last longer that way.
Try to maintain your usual eating times if possible. Be aware that extra heavy work or activity for prolonged periods of times may cause drops in your blood sugar.

Home Organization

Organize your home so you can easily find needed items if the electricity goes off:
- Your glasses!
- Tennis or heavy shoes
- Candles, matches stored in waterproof jars
- Flashlights and batteries
- Battery-powered radio
- Blankets
- Personal toiletries
- Medications, diabetes supplies, first aid items
- Logs for the fireplace, if appropriate
- Paper plates, plastic utensils
- Zip-lock bags
- Moist towelettes
- Keep your cell phone charged

Medications and Diabetes Supplies

Keep a two-week supply of medications, insulin, syringes and blood glucose testing supplies. Have prescriptions for additional items if you must leave your home. Keep on hand glucose tablets to treat hypoglycemia.
Keep these items in a waterproof bag.
Remember to rotate your supplies every month.
Remember that insulin can be kept at room temperature for 30 days (59-86 degrees F).
**Do not throw away your insulin if the power goes off!**
**If you have to, you can reuse your own insulin syringes!**
Remember that Regular insulin should always be clear and that NPH or Lente should be a milky appearance after you gently rotate the bottle. Insulin should not be used if it clumps or precipitates in the bottle.
People with Type 1 diabetes need to keep Glucagon on hand.
Keep a list of your sick day rules on hand.

**Insulin Pump Users**

In an emergency, pump users may need to return to basic injections. It is important to have the basic supplies on hand and know how to use them. Talk to your doctor about the procedure for returning to pre-pump care before an emergency happens.

**Mental Health**

When a person experiences some kind of crises, it is normal to have feelings of fear, helplessness, or even horror. In the period of time following a crisis event people often feel numb, detached, and unable to respond as they usually do. They may have a lack of awareness of surroundings, be forgetful, and have recurring images, thoughts, and dreams. They may also be unable to sleep, feel irritable and restless, and have poor concentration.

It is helpful at such a time to find someone with whom these feelings can be discussed. Not going through it alone helps. Turn to physicians, nurses, the county mental health department, or the Red Cross for help. Churches can offer assistance. Journal writing and spiritual pursuits may be helpful.