nzms point of care

A division of New Zealand Medical and Scientific Ltd

NATURAL DISASTER GUIDELINES

Any unexpected disaster such as floods, fires, storms, earthquakes and loss of electricity can occur and leave the insulin pump user unable to manage their diabetes unless prepared.

If you wear an insulin pump you may find yourself off for hours or days. Being prepared for all types of emergencies just takes a little planning ahead. We recommend having enough supplies packed for two weeks.

Medical Supplies Emergency Kit

Rapid acting insulin
Cartridges
Infusion sets
Alcohol swabs/IV Prep
Site care supplies
Batteries
Blood Glucose/Ketone meter and test strips
Lancets
Glucose Tabs
Crackers, fruit/nut bars or some other form of complex carbohydrate
Glucagon emergency kit - Watch expiration date
Prescriptions for all medications
Medical identification
Emergency contact numbers
All other medications

Check supplies every three months and watch expiration dates

In case your pump is lost or damaged during the disaster…include the following in your emergency kit:
Long acting insulin
Syringes
Instructions for insulin use for times off of the pump

Be Prepared for a Change in Routine

Disaster conditions may disrupt your daily routine, including when you eat your meals.

- Be sure to test blood glucose frequently
- Eat at your regular mealtimes, if possible
- Watch for signs of high or low blood glucose and treat appropriately

If you are not feeling well or are out of medication or food:

Call your doctor, if you are unable to reach your doctor:

- Go to the nearest hospital
- Contact the police

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