On August 29, 2005, Hurricane Katrina tore through the Gulf Coast leaving behind a path of destruction in New Orleans and other cities in Southern Louisiana and Mississippi. In the weeks and months that followed, we learned a good deal about the needs of those with diabetes under disaster conditions. In setting up temporary clinics for patients in our diabetes research studies, we learned firsthand through clinic visits and phone conversations what these patients were enduring in the absence of basic necessities and the difficulties they were having in controlling their blood sugar levels without the availability proper foods or medications. Most were completely unprepared to independently manage their diabetes and maintain a state of wellness.

As a result of what we learned, we have developed a very basic survival guide intended for use by our patients in preparation for another disaster that would necessitate leaving home or possibly being stranded at home. While we all live in hope that disaster will never strike, we have learned by hard, painful experience that preparations are extremely valuable when our worst fears are realized.

Our Diabetes-Specific Disaster Survival Guide can easily be adapted to any threatened disaster and any population group. While preparations are critical for everyone, vulnerable populations such as the chronically ill, the elderly, children and pregnant women must be prepared to manage their basic needs for a minimum of two to three days. We suggest that people spend a few minutes asking themselves what items would absolutely be needed if they were stranded on an uninhabited island for several days. What would they include as specific needs, understanding that they would need to be able to carry or pull those supplies, perhaps alone? The Survival Kit suggested in our Guide can be composed of many items that most households have readily available and will not need to purchase. Other items, which may need to be purchased, can be purchased from dollar stores for very little cost. Putting together a Survival Kit should be in the affordable price range for nearly everyone. While our survival guide offers suggestions, everyone needs to develop a list that works for him/her individually—the list is the first step in getting prepared.
Diabetes-Specific Disaster Guide

Tulane University Health Sciences Center
Endocrine Department
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How to Use This Guide

This guide has been prepared for people with diabetes. It is very important that people with diabetes be able to manage their blood sugar levels in spite of even a hurricane. During a disaster, good self-care becomes even more important because Emergency Rooms, Hospitals and even Health Care Providers may become difficult to access. Your ability to provide excellent self-care will be the main factor in determining how well you will remain throughout the disaster. And, your preparation before the disaster will also determine how well you may remain during the disaster. This guide has been prepared with you in mind. The index will help you to easily find the materials you need. Please take time to review the guide and put it into practice. In the event of a disaster, you will be glad you spent the time to prepare.
PLEASE NOTE: This list has been designed for people who may have to shelter in place in an emergency. If you must evacuate, it may be difficult or impossible for you to carry all of the items suggested (for example: gallons of water). In that event, take the items from the list that are key and easier to manage. These items are underlined.

DISASTER SURVIVAL KIT

- Plastic Bin, Waterproof with cover – Large enough to hold everything
- **First Aid Kit:** bandages, aspirin & non-aspirin, antiseptic cleaner (hand gel), small scissors, antacid, laxative, anti-diarrhea medicine
- **Flashlights with extra batteries**
- Plastic garbage bags
- Battery-operated radio with extra batteries
- **Notebook of all important papers:** insurance policies; health insurance papers/cards; identification information; Medical records and information including list of medications, name of providers, etc.
- **Important Phone Numbers:** family members (home and cell numbers), work, health care providers
- **Cash** including small bills
- **Cell Phone and chargers**
- **Paper and pens/pencils**
- **Non-electric can opener**
- **Personal Items:** Toilet paper, Toothbrushes, Toothpaste, Denture needs, Paper Towels, Hand cleaner/wipes
- **Medicine Kit:** Container large enough to hold all medications and supplies, medications, Cooler bag to transport insulin, Freezer packs (place in freezer until needed), Syringes, Pen needles, Glucose tablets, Alcohol wipes, Blood Glucose Monitor, Blood Glucose Monitor Supplies, Blood Glucose Log.  **To ensure that the Medicine Kit is not forgotten, write “Medicine Kit” on the outside of your plastic bin to remind you to place the Medicine Kit inside as you finish final preparations.**
- **Snacks:** Packs of crackers with cheese or peanut butter, crackers, canned cheese, jar of peanut butter, hard peppermints, juice boxes
- **Rope**
- **Tarp**
- **Water:** One gallon per person per day (Carry at least a 2 - 3 day supply)
- **Blankets:** One per person
- **Whistle:** One per person – to be used for emergencies and to help family members locate each other
- **Clothing:** At least one complete change of clothing per person
- **Food:** as space is available – minimum 2 day supply. Suggestions: Ready to eat canned meats, fruits & vegetables; High energy foods such as peanut butter, jelly, crackers, granola bars and trail mix; and comfort foods such as instant coffee and tea. Don’t forget to pack the sugar substitutes such as Equal, Sweet & Low, or Splenda. Pack some plastic silverware, if possible.
- **Matches and/or lighter**
- **Additional items:** Shampoo, Soap, Razors, Sun block, insect repellent, additional food & water, books, puzzles, screw driver, pliers, duct tape, work gloves
DISASTER SURVIVAL KIT (illustrated)

Waterproof Storage Bin

- Flashlight
- Radio
- Notebook for important papers
- Paper & Pen

First Aid Kit

- Ready-to-eat Foods
- Matches

Phone & Charger

- Cash
- Can Opener
- Snacks

Medicine Kit - see instructions on page 4

- Tarp
- Rope

Personal Items - See List on page 4

Food

- Snacks
- Blankets
- Clothes
- Emergency Whistles
Insulin Tips to use During a Disaster

✓ Keep ice packs in freezer to use during insulin transport

✓ Stock chemical “cold” packs to use after freezer ice pack has thawed

✓ Keep your small cooler bag available for transporting insulin

✓ Keep all injection supplies together so that they can be easily retrieved during an emergency. Include an extra log book and pencil.

✓ Any empty hard plastic bottle will serve to dispose of syringes, needles and lancets during an emergency

✓ Keep glucose tablets available

✓ Routinely check your kit to be sure it is up to date

✓ Monitor blood glucose regularly and record your numbers.
Diabetes Tips for use during Disasters

✓ Prepare and take as much of your SURVIVAL KIT with you as possible
✓ Maintain your meal plan and hydration as best you can
✓ Monitor blood glucose regularly and record your numbers
✓ Take your medications as prescribed
✓ Wear shoes at all times and examine your feet at every opportunity. If you are exposed to flood waters, clean the exposed areas as soon as possible. If you are wounded, clean and dress the wound if possible and get medical attention as soon as possible
✓ Wear your diabetes identification at all times
✓ Eat extra food with excess physical labor (working, walking, running, etc.)
✓ Be aware that heat & humidity can affect blood glucose results. It is possible that your results may not be accurate. Perform quality control checks, if possible, to confirm accuracy. To maintain high quality results, follow these suggestions, if possible:
- Keep the monitor out of direct sunlight
- Enclose monitor and strips in plastic container to keep dry
- Use control solution to confirm accuracy of the results
Remember:

Contact your Health Care Providers and/or Research Study as soon as possible so that arrangements can be made to help get your medications and other needs resolved. Post important numbers here:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
# Price List for Survival Kit (for one person)

## Purchased Necessities:

<table>
<thead>
<tr>
<th>Item</th>
<th>Where Purchased</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flashlight</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Extra Batteries</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Plastic garbage bags</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Can Opener</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Medicine Kit box</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Cooler Bag</td>
<td>Dollar Store</td>
<td>3.00</td>
</tr>
<tr>
<td>Ice Pack (store in freezer)</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Disposable Ice Packs</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Snack crackers with peanut butter</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Crackers</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Jelly</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>(3) Fruits</td>
<td>Dollar Store</td>
<td>3.00</td>
</tr>
<tr>
<td>(3) Lunch foods</td>
<td>Dollar Store</td>
<td>3.00</td>
</tr>
<tr>
<td>(4) other foods</td>
<td>Dollar Store</td>
<td>4.00</td>
</tr>
<tr>
<td>Rope</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>Plastic Tarp</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td>(2) Gallons of water</td>
<td>Dollar Store</td>
<td>2.00</td>
</tr>
<tr>
<td>Whistle</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td><strong>$29.00</strong></td>
</tr>
</tbody>
</table>

## Items that can be taken from your home:

- Plastic Bin
- Toilet Paper or Tissues
- Bandaids
- Toothbrush & Toothpaste
- Aspirin
- Denture needs
- Non-aspirin
- Paper towels
- Hand gel
- Paper & Pen/pencil
- Antiseptic wipes
- Blanket
- Scissors
- Clothes (1 - 2 changes/person)
- Antacids
- Sugar Substitutes
- Anti-diarrhea medicine
- Plastic Silverware
- Notebook of important papers
- Lighter
- Cash
- Shampoo
- Cell Phone & Charger
- Soap
- Razor
- Sun Screen
- Insect Repellent
- Screw Driver
- Pliers
- Duct Tape
- Work Gloves

## Extra Items that are important but not absolutely necessary:

<table>
<thead>
<tr>
<th>Item</th>
<th>Where Purchased</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Battery-operated weather radio</td>
<td>Walmart</td>
<td>15.00</td>
</tr>
<tr>
<td>Extra Batteries</td>
<td>Dollar Store</td>
<td>1.00</td>
</tr>
</tbody>
</table>