Learning Objectives

• Why it is vital for your patients to prepare. We will identify the types of emergencies that create problems for people with Diabetes. This includes how the loss of infrastructure can severely impact resources.
Learning Objectives

• How to convince your patients to prepare. We will identify psychosocial and physical reasons why it is important to prepare, using Maslow’s Hierarchy of needs to establish the necessity.
Learning Objectives

• The Nuts and Bolts of how to prepare: We will identify the necessity for and types of supplies necessary to prepare as it relates to people, in general and, especially for people with Diabetes.
Learning Objectives

• Brass Tacks of how to prepare: We will provide useful tools, tips and specifics of the types of supplies one would need following an emergency and how to build an emergency kit
A pessimist sees the difficulty in every opportunity;

an optimist sees the opportunity in every difficulty.

~ Winston Churchill
By definition emergencies are **UNPREDICTABLE**
The most important letters of preparedness are...

*The first 3 letters – PRE*

**Before** an emergency or disaster happens
Why do people choose not to prepare?

It’s not going to happen to me

80% of Americans live in a place that has experienced a weather-related disaster since 2007

Less than ½ have developed an emergency plan and discussed it with their household
Why do people choose not to prepare?

I don’t want to spend the effort or money

Fact is that...
...while there are risks wherever you live, there are steps you can take to lessen the impact.

We save about $4 for every $1 spent on preparing ourselves.
If you currently have personal insurance...

Homeowner’s Insurance

Car Insurance

Medical Insurance

Consider preparedness to be personal insurance...
Katrina: 5 days before FEMA’s food & water started to arrive

Puerto Rico: 11 months NO electricity.
UPS, FedEx, DHL, USPS not operational for 2 weeks.

The government will eventually get to you but…
Disasters affect infrastructure

- Power, Electricity, Ability to cook. Sanitation – ability to get rid of waste
- Police, Fire, Medical, Hospitals, Doctors
- Stores, Gas Stations, Pharmacies, Places to buy things you need.
- Transportation, Roadways, Trucks, Planes, Bridges
We all have basic needs that don’t go away because it is an emergency.
If you have **DIABETES**

It requires MORE!

Planning
Gathering supplies
Medication storage
Management of Blood Sugar
Injury
Illness
Stress
Peace of Mind

Having plans in place and a well stocked kit

PRICELESS!
WHAT AM I SUPPOSED TO DO?

- Make a plan
- Build a kit
- Keep informed
Expect the best, plan for the worst, and prepare to be surprised.

Denis Waitley
MAKE A PLAN
Discuss it with those involved
family, friends, coworkers, school, veterinarians, doctors

CHOOSE AT LEAST ONE LOCAL AND ONE OUT OF AREA CONTACT

CHOOSE AT LEAST TWO MEETING PLACES OUTSIDE YOUR HOME OUTSIDE YOUR NEIGHBORHOOD

IF YOU HAVE PETS, INCLUDE THEM IN YOUR PLAN

Practice, Revise, Update, Share
ONCE YOU HAVE YOUR PLANS IN PLACE

NEXT STEP...

PREPARE WHAT YOU THINK YOU WILL NEED.
FOR AT LEAST 3 DAYS

BUILD A KIT

HOME
CAR
WORK
PETS
RULE OF 3’S

3 Minutes without air

3 Days without water

3 Weeks without food
RULE OF 3’S

3 hours without insulin
FOOD

WATER
FIRST AID

MEDICATION
TEMPERATURE SENSITIVITY

Insulin needs to be kept at a temperature below 86°F and cannot freeze.
IF YOU HAVE DIABETES

• Extra insulin(s)
• Syringes
• Extra glucose meter
• Test strips
• Lancets and lancing device
• Insulin pump supplies
• Extra batteries for your blood glucose meter and pump
• A glucagon kit
• Ketone test strips
• Alcohol wipes
• Glucose tablets or gel
TECHNOLOGY CAN BE YOUR FRIEND

https://www.imore.com/how-set-and-use-emergency-sos-your-iphone
TECHNOLOGY CAN BE YOUR FRIEND

- Upload prescription and dosage information
- Upload vital Pump Information
- Upload medical identification

Review and update data as needed
SHELTER/WARMTH

SANITATION
6 ways to prevent a coronavirus infection

1. Wash your hands frequently.
2. Steer clear of people who are sick
3. Don’t touch your eyes, nose or mouth
4. Clean and disinfect objects and surfaces
5. Clean your injection/infusion sites with soap and water or rubbing alcohol
6. Skip the handshakes, high-fives and kisses
SPECIAL NEEDS

DON’T FORGET

Medication
Ambulatory issues
Power generators
Pets
Infant Needs
Elderly Needs
Gasoline
Cash
STAY INFORMED
Local Emergency Warning System
Phone/Text/Nixle.com
Printed Notices
Internet
NOAA Weather Station
Radio
Television
**USE THIS TO GET STARTED**

Download at www.FRIOCase.com

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**Food**

<table>
<thead>
<tr>
<th>Store at least a 3 day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking &amp; little or no water.</th>
<th>If you must boil food, pack sterno &amp; matches or consider a barbeque.</th>
</tr>
</thead>
<tbody>
<tr>
<td>After a disaster eat food from fridge first, then freezer, pantry, then emergency kit.</td>
<td>Food for infants, elderly or those on special diets. If allergies are involved, plan accordingly.</td>
</tr>
<tr>
<td>Include Ready to Eat canned meats, fruits &amp; vegetables (packed in water whenever possible)</td>
<td>High energy foods – peanut butter, jelly, crackers, granola bars, trail mix.</td>
</tr>
<tr>
<td>Boxed juices, milk, soup (if powdered, store extra water)</td>
<td>Comfort/stress food – cookies, hard candy, lollipops, instant coffee, tea bags.</td>
</tr>
</tbody>
</table>

**Water**

**DISASTER SUPPLIES KIT**

When Seconds Count – Be ready for any natural or man-made disaster. Prepare and Emergency supply Kit. Store it in a backpack, duffle or plastic container with lid such as a tote bin or rolling trash can.

**Water**

- One Gallon per person per day. (¼ for drinking ¼ for sanitation/cooking) Store water in sealed, unbreakable containers. Date & replace every 6 mos or use specially packed water with a 5 y shelf life.
  
  \[ \text{1 gallon} \times \text{people} = \text{gallons} \times \text{days} = \square \]

- Water purification tablets
- Water storage containers.

In case of an emergency, boil water for 1 minute. When boiling is not possible, filter water to let suspended particles settle out. Pour off the clear water and add Clorox Regular Bleach (CRB) as follows:

Add 13 drops (½ teaspoon) of CRB (not scented or Clorox® Plus® bleach) to two gallons of water (2 drops to 1 quart). Let treated water stand for 30 minutes.

For cloudy water, use 24 drops per gallon of water (2 drops to 1 quart). 4. Let treated water stand for 30 minutes.

Water should have a slight bleach odor. If not, repeat and wait another 15 minutes. The treated water can then be made palatable by pouring it between clean containers several times.

**Note:** Bleach formulas may change over time. Confirm with manufacturer as needed:

**First Aid/Medicine**

A first aid kit large enough to handle 1 week of use for the number of people in your family or group. You can build it yourself or purchase one already assembled.

Suggestions to include in your kit: Adhesive bandages (various sizes), gauze pads and rolls, triangular bandages, tape, scissors, antiseptic wipes. Keep bubble wrap – it's cheap & makes a great soft splint.

Keep at least a 3 day supply of prescription medication. Keep an updated list of medications & dosages in your wallet. If your medication has special temperature storage requirements, such as insulin, consider a FRIO Cooling Wallet (www.friocase.com).

You can also include over the counter meds such as vitamins cold remedies, anti-diarrheal, allergy & pain fever reducers, non-latex gloves, CPR face mask or shield. Wear medical ID!

Rotate out items that are near expiration!!
If you still aren’t happy, use a smaller glass.

Technically, the glass is always full.
Teach your patients of the importance of preparedness and help them stay safe!
Thank You
Lisa Katzki, RN, BSN, PHN

For more information about safe insulin storage
www.FRIOCase.com
(925) 980-7234