## EMERGENCY ASSISTANCE CONTACT LIST

| American Red Cross                | 1-800-733-2767                     |  |  |  |
|-----------------------------------|------------------------------------|--|--|--|
| CDC                               | Website: emergency.cdc.gov         |  |  |  |
| Diabetes Call Center (ADA)        | 1-800-DIABETES (1-800-342-2383)    |  |  |  |
| Disaster Distress Line (US Govt.) | 1-800-985-5990                     |  |  |  |
| FEMA                              | 1-800-621-FEMA (1-800-621-3362)    |  |  |  |
| Insulin For Life                  | Website: iflusa.org 1-352-327-8649 |  |  |  |
|                                   |                                    |  |  |  |

## INSULIN PUMP/CGM

| Abbott                  | 1-855-632-8658                      |
|-------------------------|-------------------------------------|
| Dexcom                  | 1-888-738-3646                      |
| Medtronic               | 1-800-633-8766                      |
| Omnipod/Insulet         | 1-800-591-3455                      |
| Tandem                  | 1-877-801-6901                      |
| INSULIN SUPPORT         |                                     |
| Lilly                   | 1-800-545-5979                      |
| Novo Nordisk            | 1-800-727-6500                      |
| Sanofi-Aventis          | 1-800-633-1610                      |
| PHARMACIES              | Website: healthcareready.org/rxopen |
| Freemedicine.com        | 1-573-996-7300                      |
| Prescription Assistance | 1-888-477-2669                      |

## In an emergency where I am unable to communicate, please read both sides of this guide to know what special care I need and who to contact.

| Make/Model of CGM or Insulin Pump (if applicable): |   |        |               |                          |  |  |  |  |
|--|---|--------|---------------|--------------------------|--|--|--|--|
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|  | :əɓesog                                     |        |               | :əmɛN                    |  |  |  |  |
|  | :əɓesog                                     |        |               | :əmɛN                    |  |  |  |  |
|  | -ist of Current Medications: (Name/Dosage): |        |               |                          |  |  |  |  |
|  |   |        | :e            | Emergency Contact Phono  |  |  |  |  |
|  |   |        | . :noitslaЯ\e | Emergency Contact Name   |  |  |  |  |
|  | -:ənod9                                     |        |               | :lism∃                   |  |  |  |  |
|  |   |        |               | Location                 |  |  |  |  |
|  |   |        |               | Physician:               |  |  |  |  |
| pineponoM li                                       | enoitstsəD                                  | 2 əqyT | ſ sqvT        | Circle Type of Diabetes: |  |  |  |  |
|  |   |        |               | :əmɛN                    |  |  |  |  |
|  |   |        |               |                          |  |  |  |  |

## EMERGENCY INFORMATION

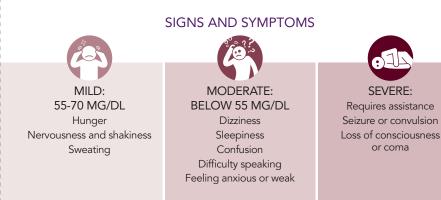
## AN ENDOCRINE SOCIETY PATIENT RESOURCE

# END©CARES DIABETES DISASTER RELIEF POCKET GUIDE

endocrine.org/disasterrelief

## **RECOGNIZING SIGNS OF HYPOGLYCEMIA**

Hypoglycemia is the term for low blood glucose (sugar). Glucose is produced from the food you eat. Glucose is the "fuel" that your brain and body need to function properly. If you are living with diabetes, it is important to check your blood glucose regularly.





If hypoglycemia is not corrected right away, it can quickly worsen. If your blood sugar is low, you should eat or drink something that will quickly raise your blood sugar. For mild to moderate hypoglycemia, you should consume: 4 glucose tablets, 5-6 pieces of hard candy, 4 ounces of orange juice, or 6 ounces of regular (not diet) soda. Wait 15 minutes and retest your blood glucose level. If it is still low, consume another 15 grams of carbohydrate.

#### FACT:

STRESS CAN MAKE YOUR BLOOD SUGAR GO UP. PHYSICAL EXERTION CAN MAKE YOUR BLOOD SUGAR GO DOWN.

## FACT:

IF YOU LOSE POWER AND YOU HAVE UNUSED INSULIN, DON'T THROW IT OUT! IN AN EMERGENCY, IT IS OKAY TO USE EXPIRED OR NON-REFRIGERATED, UNOPENED INSULIN.

## **RECOGNIZING SIGNS OF HYPERGLYCEMIA**

Hyperglycemia is the term for high blood glucose (sugar). Several factors can contribute to hyperglycemia including food, sickness, some medications, or skipping or not taking enough glucose-lowering medication.



## SIGNS AND SYMPTOMS Blood sugar more than 180 mg/dL

Blood sugar more than 180 Frequent urination Increased thirst Blurred vision Trouble concentrating Fatigue Headaches



## CALL YOUR DOCTOR IF...

Your blood glucose is more than 300 mg/dL even though you've taken your diabetes medication and you have trouble keeping your blood glucose within your desired range after several attempts.





IF HYPERGLYCEMIA GOES UNTREATED IT CAN CAUSE SEVERE DEHYDRATION AND REQUIRE HOSPITALIZATION.