

## EMERGENCY ASSISTANCE CONTACT LIST

American Red Cross	1-800-733-2767
CDC	Website: <a href="http://emergency.cdc.gov">emergency.cdc.gov</a>
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: <a href="http://iflusa.org">iflusa.org</a> 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

Freemedicine.com	Website: <a href="http://healthcareready.org/rxopen">healthcareready.org/rxopen</a> 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.

Name: \_\_\_\_\_

Make/Model of CGM or Insulin Pump (if applicable): \_\_\_\_\_

Dosage: \_\_\_\_\_

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_

Name: \_\_\_\_\_

Dosage: \_\_\_\_\_

List of Current Medications: (Name/Dosage): \_\_\_\_\_

Emergency Contact Phone: \_\_\_\_\_

Emergency Contact Name/Relation: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Location: \_\_\_\_\_

Physician: \_\_\_\_\_

Circle Type of Diabetes: Type 1 Type 2 Gestational Monogenic

Name: \_\_\_\_\_

## EMERGENCY INFORMATION

AN ENDOCRINE SOCIETY PATIENT RESOURCE

# ENDOCARES

## DIABETES DISASTER RELIEF POCKET GUIDE

[endocrine.org/disasterrelief](http://endocrine.org/disasterrelief)

ENDOCRINE SOCIETY

## 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.

### SIGNS AND SYMPTOMS



**MILD:**  
55-70 MG/DL  
Hunger  
Nervousness and shakiness  
Sweating



**MODERATE:**  
BELOW 55 MG/DL  
Dizziness  
Sleepiness  
Confusion  
Difficulty speaking  
Feeling anxious or weak



**SEVERE:**  
Requires assistance  
Seizure or convulsion  
Loss of consciousness or coma

# 15

GRAMS OF CARBS

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  
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.