

# DIABETES DISASTER RELIEF POCKET GUIDE

hormone.org/disasterrelief

Hormone Health  
NETWORK  
FROM THE ENDOCRINE SOCIETY



## EMERGENCY INFORMATION

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

Circle Type of Diabetes:    Type 1    Type 2    Gestational    Monogenic

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

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

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

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

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

List of Current Medications: (Name/Dosage):

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

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

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

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

**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.**

PHARMACIES  
Website: [healthcareaready.org/rxopen](http://healthcareaready.org/rxopen)  
1-573-996-7300  
FreeMedicine.com  
Prescription Assistance  
1-888-477-2669

INSULIN SUPPORT  
Lilly  
1-800-545-5979  
Novo Nordisk  
1-800-727-6500  
Sanofi-Aventis  
1-800-633-1610

INSULIN PUMP/CGM  
Abbot  
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

EMERGENCY ASSISTANCE CONTACT LIST  
American Red Cross  
1-800-733-2767  
CDC  
Website: [emergency.cdc.gov](http://emergency.cdc.gov)  
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](http://iflusa.org)  
1-352-327-8649

## 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.**

## 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.

### 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.**