

# BE PREPARED LIST

You should safely store the following medical supplies or have them readily available:

- COPY OF YOUR EMERGENCY INFORMATION AND MEDICAL LIST
- EXTRA COPIES OF PRESCRIPTIONS
- INSULIN OR PILLS (INCLUDE ALL MEDICATIONS THAT YOU TAKE DAILY INCLUDING OVER THE COUNTER MEDICATIONS)
- SYRINGES
- ALCOHOL SWABS
- A METER (OR TWO) TO MEASURE BLOOD SUGAR
- BATTERIES
- BLOOD SUGAR DIARY!
- INSULIN PUMP SUPPLIES (IF ON INSULIN PUMP)
- STRIPS FOR YOUR METER
- URINE KETONE TESTING STRIPS
- LANCING DEVICES AND LANCETS
- QUICK ACTING CARBOHYDRATE (FOR EXAMPLE, GLUCOSE TABLETS, ORANGE JUICE, ETC.)
- LONGER LASTING CARBOHYDRATE SOURCES (FOR EXAMPLE, CHEESE AND CRACKERS)
- GLUCAGON EMERGENCY KIT (IF ON INSULIN)
- EMPTY HARD PLASTIC DETERGENT BOTTLE WITH CAP TO DISPOSE USED LANCETS AND SYRINGES

## Other Supplies

Flashlight with extra batteries	Pad/pencil
Whistle/noisemaker	Matches / candles
Extra pair of glasses	First-aid kit
Female sanitary supplies	Copy of health insurance cards
Heavy work gloves	Important family documents
Tools	Water
Food	Clothing and bedding
Radio with extra batteries	Pair of shoes
	Cell phone

Make sure you have enough supplies for 2-4 weeks. These supplies should be checked at least every 2 – 3 months. Watch for expiration dates.

## HELPFUL HINTS ABOUT INSULIN, PENS, SYRINGES

- Insulin may be stored at room temperature (59-86F) for 28 days.
- Insulin pens in use can be stored at room temperature according to manufacturer's directions.

Insulin should not be exposed to excessive light, heat or cold.

- Regular and Lantus insulins should be clear.
- NPH, Lente, Ultralente, 75/25, 50/50, and 70/30 insulins should be uniformly cloudy before rotating.
- Insulin that clumps or sticks to the sides of the bottle should not be used.
- Although reuse of your insulin syringes is not generally recommended, in life and death situations, you have to alter this policy. Do not share your insulin syringes with other people.