

# Make a plan. Manage your diabetes in an emergency.

Stress in an emergency or a natural disaster can raise or lower blood glucose levels. There may be no medication or food, and no way of getting medical help.

**My diabetes plan for natural disasters and emergencies** helps you to self-manage your diabetes before, during and after an emergency. Planning ahead reduces the risk of diabetes-related infections and life-threatening situations.

Make a plan and prepare a diabetes emergency kit to last at least 14 days.

For a free copy of the plan visit [ndss.com.au](http://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

