

Have a plan. Be ready.

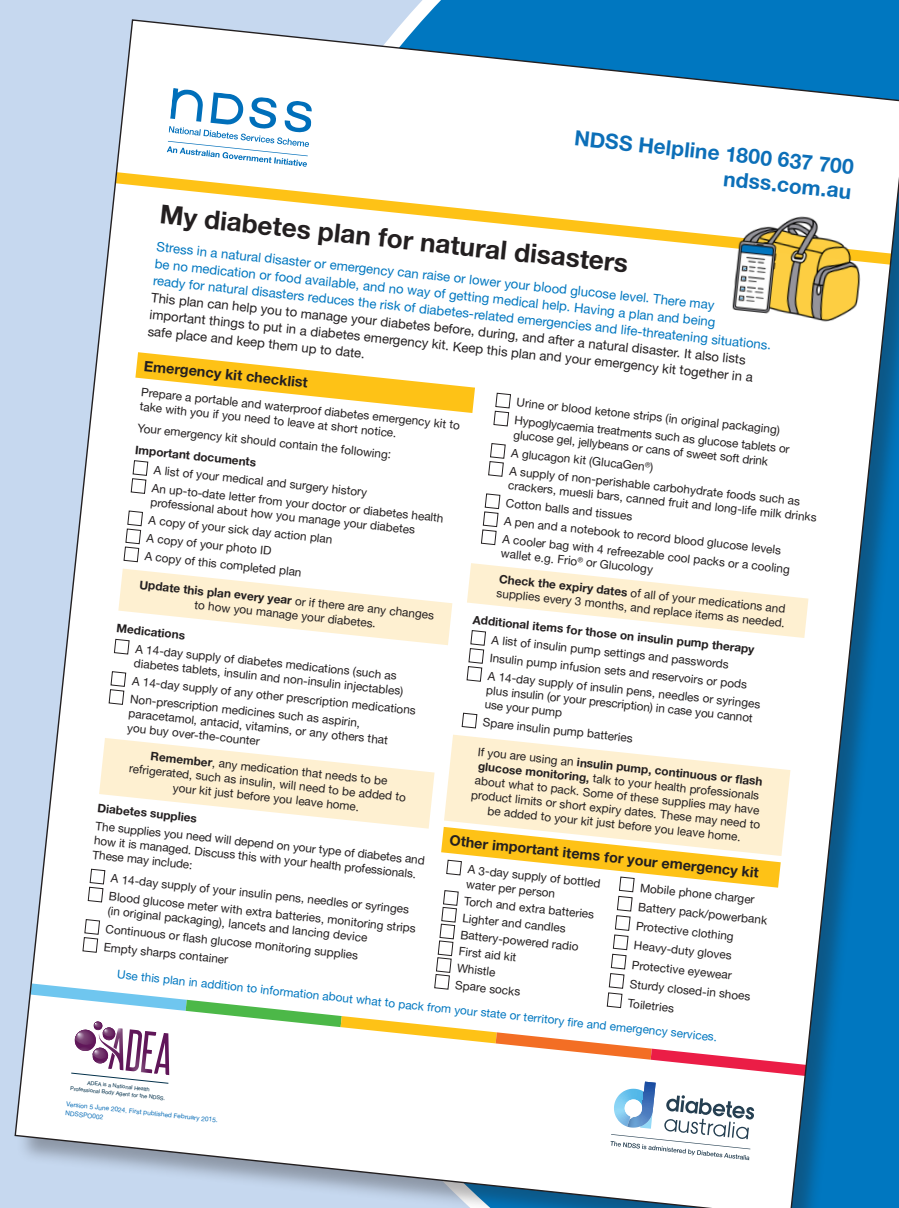


Manage your diabetes in a natural disaster.

Stress in a natural disaster or emergency can raise or lower your blood glucose level. There may be no medication or food available, and no way of getting medical help. Having a plan, and being ready for natural disasters, reduces the risk of diabetes-related emergencies and life-threatening situations.

The **My diabetes plan for natural disasters** checklist helps you to manage your diabetes, before, during, and after a natural disaster. It also lists important things to put in your diabetes emergency kit.

Keep this plan and your diabetes emergency kit together in a safe place and keep them up to date.



For a free copy of the plan visit ndss.com.au/naturaldisasters or call the NDSS Helpline on **1800 637 700**.