

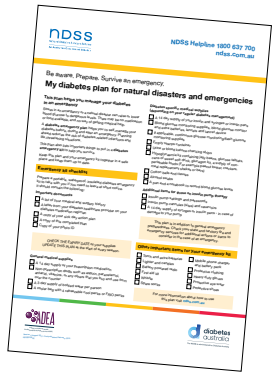
Managing your diabetes in an emergency

Why are people with diabetes at greater risk in an emergency?

The body processes glucose differently in an emergency. Stress, changes in levels of activity and limited access to your regular food mean you may need to adjust your medication during and after an emergency.

My diabetes plan for natural disasters and emergencies is a free NDSS resource

This plan for natural disasters and emergencies contains important information that will help you manage your diabetes during a natural disaster or emergency. The plan lists your medical details, important contacts and has a checklist for preparing a diabetes emergency kit.





My diabetes plan for natural disasters and emergencies

Diabetes emergency kit

Preparing a diabetes plan for natural disasters and emergencies and a diabetes emergency kit and keeping them up to date will:

- » help prevent infection and avoid life-threatening situations by equipping you to self-manage diabetes in an emergency.
- » ensure medical and emergency services have the right information about your condition and medical history if you need help.

Get your free copy of
My diabetes plan for natural disasters and emergencies

Call the NDSS Helpline on **1800 637 700**
Visit the NDSS website **ndss.com.au**

During an emergency monitoring changes in blood glucose, both low and high blood glucose, can help prevent short and long term health problems.

Make sure your kit and plan are kept up to date. This will save you time: if disaster strikes, you can leave at short notice and be confident you can manage your diabetes.

Further information and resources are available through ndss.com.au.