

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 or call the NDSS Helpline on **1800 637 700**.

