

HURRICANE READY WITH DIABETES



HURRICANE SUPPLIES

- DIABETES KIT WITH 10 DAYS WORTH OF ANY MEDICATION + DIABETES SUPPLIES
- FOOD + WATER
- SANITATION SUPPLIES
- CLEAN LAUNDRY
- FIRST AID KIT
- SEVERE WEATHER ALERT RADIO
- FLASHLIGHTS + BATTERIES
- WATERPROOF STORAGE
- BATTERY PACKS (CHARGED)

TIPS

GATHER LOCAL INFORMATION

Keep a list of local + emergency contacts offline (ex. Insurance company, emergency management, local government, FEMA)

CREATE AN EMERGENCY PLAN

Develop and document plans with your family or community for your specific risks and needs.

HEALTH

Follow guidelines on the Diabetes Emergency Preparedness Plan.

EVACUATION

Know if you live in an evacuation area. Leave immediately if ordered!