

# **BE** prepared **FOR A DISASTER:**

## **WHAT YOU NEED TO KNOW**

You can't plan for everything, but there are things you can do to prepare for an emergency or a natural disaster. Having a plan to meet basic needs like transportation and health goes a long way toward being ready for whatever Mother Nature sends your way. Share your plan with family, friends and trusted neighbors.

### **Emergency and Urgent Care**

If you need emergency care after a disaster or evacuation and believe your health is in serious danger, go directly to the nearest emergency department. If you need medical help right away but your health is not in serious danger, visit an urgent care center.

### **Prescription Drugs**

It's important to keep taking your medications as prescribed, even during an emergency. If a severe weather warning is issued for your area, work with your doctor and pharmacy to ensure you have at least a two-week supply of your maintenance medications (those you take on a daily basis for chronic conditions).

### **Dialysis**

If you receive dialysis, ask for a medical packet with your doctor's orders. Bring this information with you during an evacuation. Make sure to follow any instructions your regular dialysis center gives you.

Also, ask your health plan whether there are limitations on where you can receive dialysis when you are out of the area. If you have an evacuation plan in place and know where you will be going, it's a good idea to get a listing of dialysis centers in that area, along with their hours of operation and phone numbers.

### **Diabetes Care**

Even during an emergency, it's important to practice your diabetes self-care routine, including:

- » Eating the right foods at the right times
- » Drinking plenty of water
- » Checking your feet and skin every day
- » Checking your blood sugar at least once each day
- » Wearing your diabetes ID, protective clothing and sturdy shoes
- » Following sick day guidelines when needed

### **Emergency Resources**

- » Dial 2-1-1 for help with basic needs and support.
- » Call 1-888-ROAD-511 (1-888-762-3511) for local road closures and driving conditions.
- » Visit [www.weather.gov](http://www.weather.gov) or call 504-522-7330 for weather alerts, forecasts and safety information.
- » Visit [www.disasterassistance.gov](http://www.disasterassistance.gov) to find and apply for housing, food and financial assistance. Or call the Federal Emergency Management Agency at 1-800-621-3362. TTY users call 1-800-462-7585.
- » Visit [www.emergency.louisiana.gov](http://www.emergency.louisiana.gov) for up-to-date information on recovery efforts and assistance programs.

Also, keep contact information for your local emergency office, hospital, and police and fire stations in a place where you can easily find it.

#### **Diabetes Health Tip**

Stress can cause your blood sugar to rise, so try not to do too much. If you are feeling emotionally overwhelmed or physically tired, stop what you are doing and rest. Remember to eat and watch for signs of high or low blood sugar.



## Basic Supplies

- Important papers, including a valid ID with your current address and your health plan ID
- Face mask, hand sanitizer and disinfectant
- Easy-to-prepare, nonperishable food
- Personal hygiene items
- Extra eyeglasses or contacts
- Extra clothing and bedding
- Reading materials, games and puzzles
- Flashlight, radio and batteries
- Candles, matches and a lighter
- Whistle
- Comfortable shoes
- Cash and credit cards
- One gallon of water per person per day—two quarts for drinking and two for food preparation and sanitation

- Insulated bag for medications
- *If you have diabetes:*
  - » Blood glucose meter with extra lancets and test strips
  - » Glucagon emergency kit
  - » Foods to treat low blood sugar, such as glucose tabs or gels, hard candies or mints, juice, and regular sodas
  - » A two-week supply of insulin pen needles and syringes
- A two-week supply of all prescribed medications (in original containers)

- An updated list of your prescription and over-the-counter medications, including supplements
- Medical records and written orders for your medical care, including special dietary needs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative
- Cough medicine
- Anti-fungal cream
- Rubbing alcohol
- Eye drops



It's a good idea to have one first-aid kit in your home and one in your car.