

Diabetes Corner Gazette

Patient Education

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Planning for Natural Disasters and

Daily Crises:



Are
You

Prepared?

Pack your Pantry

A stash of food that has a long shelf life and doesn't require power to prepare is best. A hand operated can opener is basic for times of power black outs.



- Dehydration is more dangerous than missing a meal or two. Stock One gallon of water per person per day for a minimum of 3 days.
- Some easy cheap protein: jerky; canned tuna, sardines or salmon; and peanut butter.
- All purpose meal bars: Look for bars with no more than 30-45 grams of carbohydrate (2-3 carbohydrate servings), at least 3-5 grams of fiber, no more than 5-7 grams of fat, and ideally, 5 or more grams of protein.



- Examples of meal/snack bars: Clif Bars, Post Raisin Bran Cereal Bars, or Kellogg's All Bran Bars.
- Tuna and sardine "go-withs": saltines or pretzels.
- Keep a stash of glucose tablets or small canned juices for lows.

Active Preparation

Fitness and endurance can be crucial in dealing with disasters like power outages, and interruption in transportation. Walking several miles to safety can be tough if you have been a "couch potato". Start walking, stretch every day and try some strength training with light (3-8 pound) weights.



CLINIC CONTACT



Medicine Safety

Something as predictable as a New Mexico snow and ice storm with traffic stopped for hours can keep you from taking medicines that you need. Practice these strategies to avoid a medication “crisis”.

- Carry a wallet card that lists all of your current medications and the doses. Include the name of your doctor and his or her phone number.
- Never wait until the day you run out of medicine to refill your prescription (pharmacies have been known to be out of some medications for 2 or more days).
- Wear some form of identification (such as Medic Alert).
- Pack a meter and strips on trips away from your house.
- Carry at least a 2-day supply of medication with you when you leave the house for the day. If you take insulin, carry an extra vial of insulin and syringes.

Frantic Feelings

Preparation for natural disasters such as wild fires or severe winter storms is the best antidote for “disaster anxiety”.

Make a plan and organize:

- Your basic medical supplies and medications;
- Food and water;
- Important identification papers; contact information for friends and relatives; and insurance cards kept in a central place (like a file).
- A back pack ready to throw in all your gear plus a set of clothes, a sweater, toothbrush, and comb.
- Flashlights with fresh batteries.
- A contact plan with family members in case of separation.



Remember, more deaths occur as a result of car accidents than by the natural disasters that seem so frightening. The daily act of driving to work poses more of a threat than potential disasters.

What's New?

- ICE – In Case of Emergency! The Albuquerque police department along with other community organizations have adopted this plan for people with cell phones. Enter an emergency contact number in your cell phone under: ICE. In an emergency, first responders (police, paramedics, firemen) can easily contact that person to get your vital information.



- On line resources for more information: New Mexico Department of Health www.health.state.nm.us; State Office of Emergency Management www.dps.nm.org/emergency; New Mexico Department of Public Safety www.dps.nm.org; American Red Cross: Prepare www.prepare.org.

This newsletter was written by Sue Perry, PhD, CDE, in collaboration with the New Mexico Department of Health, Diabetes Prevention and Control Program, 2005.

