

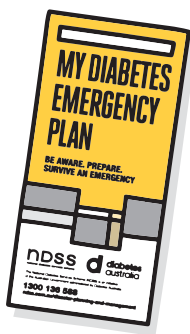
# MANAGING YOUR DIABETES IN AN EMERGENCY

## WHY ARE PEOPLE WITH DIABETES AT GREATER RISK IN AN EMERGENCY?

The body processes sugars 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.

### **The NDSS has a free Diabetes Emergency Plan available.**

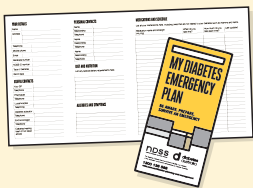
A Diabetes Emergency Plan is a leaflet containing important information that will help you manage your diabetes during a natural disaster or emergency. The Plan lists your medical details, important contacts and has a checklist for preparing a Diabetes Emergency Kit.



The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

**1300 136 588**

**ndss.com.au**



Diabetes  
Emergency Plan



Diabetes  
Emergency Kit

## Preparing a Diabetes Emergency Plan 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 treatment.

## ORDER YOUR FREE COPY OF THE DIABETES EMERGENCY PLAN

Phone 1300 136 588  
[www.ndss.com.au](http://www.ndss.com.au)

During an emergency changes in blood glucose, both low and high blood glucose, can lead to loss of consciousness and long term health problems.

Ensure 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 [www.ndss.com.au](http://www.ndss.com.au).**