

MAKE A PLAN. MANAGE YOUR DIABETES IN AN EMERGENCY.

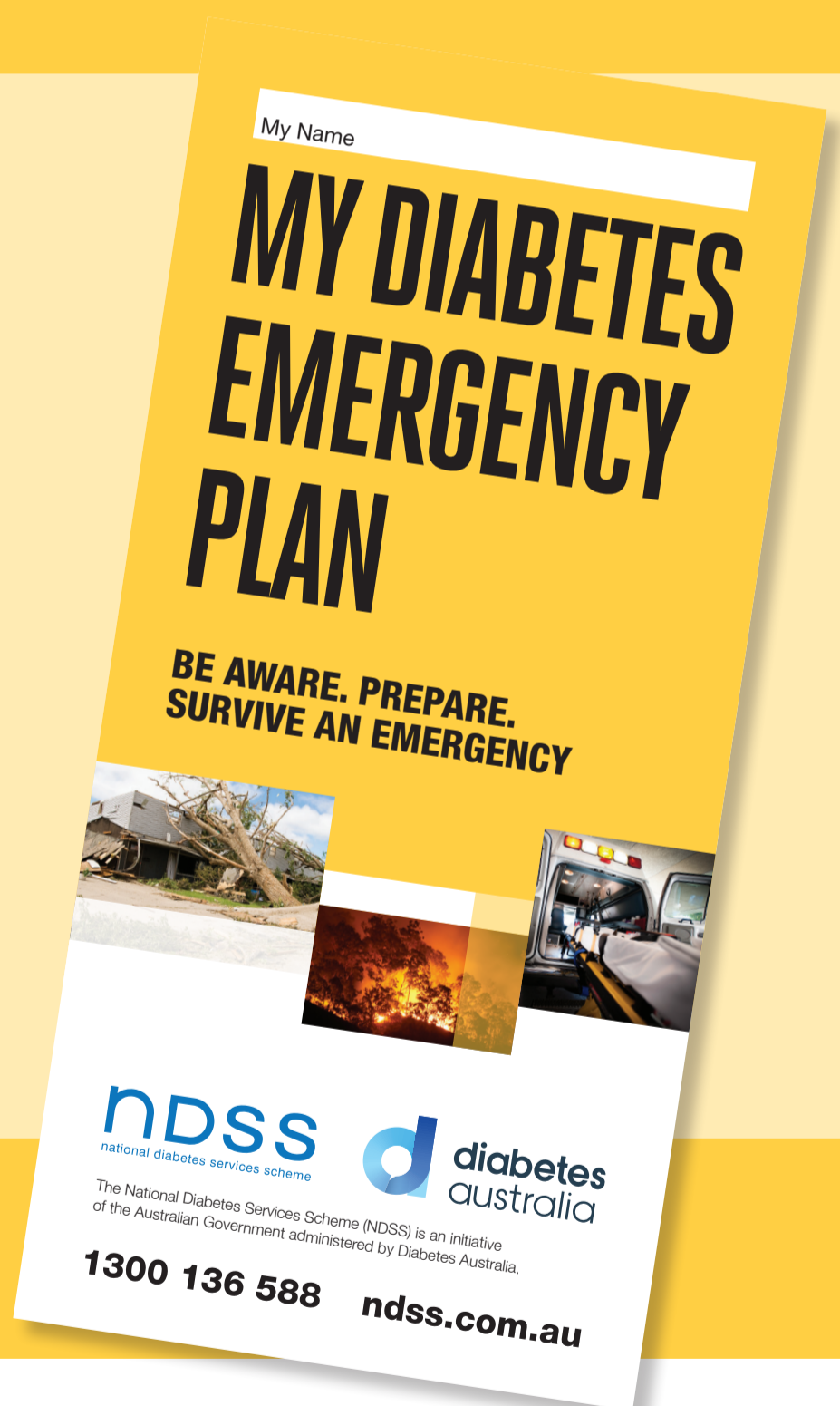
Stress in an emergency or a natural disaster can raise or lower blood glucose levels. There may be no medication or food, and no way of getting medical help.

A Diabetes Emergency Plan 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.

A free copy of the plan is available from:

1300 136 588
ndss.com.au



ndss
national diabetes services scheme

d diabetes
australia

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

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