



Diabetes Corner

Fall

Have a Plan in Place During Emergencies!

**Lake
Cumberland
District
Health
Department
Serving:**

Adair
Casey
Clinton
Cumberland
Green
McCreary
Pulaski
Russell
Taylor
Wayne

Natural disasters happen when they're least expected. It is important that people with diabetes have an emergency plan in place and know what to do to avoid any health issues.

1. Put together an emergency kit in a water-proof container with at least three days' worth of medications and supplies.

- Blood sugar testing supplies including a meter with extra lancets and test strips.
- All medications, such as insulin or pills, in their containers, as well as prescriptions.
- Glucagon emergency kit
- Foods to treat hypoglycemia (low blood sugar), such as glucose tabs/gels, juice, hard candies, and regular sodas.

DISASTER SUPPLY KIT

- Flashlight
- Batteries
- Cash or credit cards
- Important Family Documents
- Pet Needs
- Medication Lists
- Water
- Food
- Face masks
- First Aid Kit
- Battery powered radio
- Extra Prescriptions (if available)

2. Make a plan.

- Talk to family members about how to stay in contact during a emergency and discuss possible meeting places and escape routes.
- Identify what materials/ supplies are needed, such as water, healthy foods, a flashlight, comfortable shoes, a can opener, insulated bag, etc.
- Let family members know about any medications that may be needed during an emergency, in case help is needed.

3. Identify emergency contacts.

- Email and direct phone numbers for each family member in the household.
- Phone numbers of family members or friends who live out of town.
- Contact information for local police and fire departments and emergency management offices.

Find more information at
www.mydiabetesemergencyplan.com
www.ready.gov
<http://emergency.cdc.gov/preparedness>
www.lcdhd.org

- Build and maintain your Disaster Supply Kit based upon your family's needs.
- Remember to replace food, water, and batteries at least every six months.
- Keep a smaller version of the Disaster Supply Kit in the trunk of your car.



*Don't forget to check out our community calendar for upcoming classes near you on our website:
www.lcdhd.org/calendar/*



ARE YOU AT RISK FOR SERIOUS COMPLICATIONS FROM FLU?

People with diabetes, even when well-managed, are at high risk of serious flu complications, often resulting in hospitalization and sometimes even death. Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. The flu also can make chronic health problems, like diabetes, worse. This is because diabetes can make the immune system less able to fight infections. In addition, illness can make it harder to control your blood sugar. The illness might raise your sugar but sometimes people don't feel like eating when they are sick, and this can cause blood sugar levels to fall. So it is important to follow the sick day guidelines for people with diabetes. Vaccination is the best protection against Flu. Take everyday preventive actions to stop the spread of flu:

- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after using it;
- Wash your hands often with soap and water, especially after coughing or sneezing;
- Avoid touching your eyes, nose, and mouth (germs are spread that way);
- Stay home when you are sick, except to get medical care. If you are sick with flu-like symptoms you should stay home for 24 hours after your fever is gone (without the use of fever-reducing medicine).

Everyday preventive actions can protect you from getting sick and, if you are sick, can help protect others from catching your illness.

From www.cdc.gov/flu/diabetes/



Veggie Chili



Ingredients

1 Tablespoon canola oil
1 Medium onion, chopped
4 Carrots, sliced
1 Green bell pepper, chopped
1 Zucchini, chopped
2 Garlic cloves, minced
1 Tablespoon chili powder
1 16-ounce can kidney beans, rinsed and drained
1 16-ounce can black beans, rinsed and drained
1 15-ounce can tomato sauce
2 14.5 ounce cans no-salt-added diced tomatoes in juice

Directions

1. Heat oil in a large soup pot over medium-high heat.
2. Add onion and carrots and sauté 5 minutes. Add green pepper and zucchini and sauté another 2 minutes.
3. Add garlic and sauté 30 seconds. Add chili powder and all remaining ingredients; bring to a boil.
4. Cover, reduce heat, and simmer 30-35 minutes or until the vegetables are tender.

Nutrition Facts :

Per 1 Cup:

Calories 179,
Carbohydrate 33grams,
Protein 9 grams
Fat 3grams
Saturated Fat 0grams
Dietary Fiber 10 grams
Cholesterol 0mg
Sodium 492mg

From www.diabetes.org
From Healthy Calendar
Diabetic Cooking by Lara
Rondinelli & Jennifer Bucko