



DIABETES: EMERGENCY SUPPLIES

It is recommended that the parents provide a **three-day supply** of the following at the beginning of the school year:

- Blood sugar meter (with instructions) and meter strips or visual strips.
- Ketone strips.
- Insulin: may be stored in refrigerator but refrigerator may not be accessible during a disaster. Insulin at room temperature may begin to lose potency after one month. Label with date that it is brought to school and date when actually opened.
- Insulin syringes.
- Lancets.
- Antiseptic wipes or wet wipes.
- A small logbook to record insulin dose and blood sugar results.
- Bedtime snack bar, such as Nite-bite™, if used.
- Low blood sugar reaction food supplies: quick-acting sugar and carbohydrate/protein snacks. Send enough supplies for two to three episodes.
- If a student needs specialized food, her or his parents should work with the HCP and /or dietician and the food service manager to plan for emergency situations.

It is suggested that the diabetes supplies be replaced during the winter holiday season. This way what has been kept at school can be used before its expiration. It is important that supplies such as the meter and all testing strips be kept at room temperature, as extreme heat or cold may impair function.

NUTRITION

1. Try to offer three meals along with a mid-morning snack, an afternoon snack, and a bedtime snack at the usual time.
2. If possible, include a carbohydrate food and a protein food at each meal and bedtime.

<u>CARBOHYDRATE FOODS</u>	<u>PROTEIN FOODS</u>
Bread Crackers Cereal Cereal/Granola Bar Chips/Pretzels	Cheese/Cheese foods Meat/Dried meat Canned tuna/meat Peanuts Peanut butter
Fruit/Canned fruit Dried fruit Juice Glucose Tablets	
Milk	

3. If protein foods are not available, then carbohydrate foods may be offered every two to three hours. Test sugar prior to eating.
4. If the child is required to spend the night at school, the child should be given a bedtime snack consisting of a carbohydrate food and protein food or a bedtime snack bar such as Nite-bite™.

LOW BLOOD SUGAR

If a child's blood sugar is less than 80, she or he should be given a quickly absorbed sugar source such as 4-8 oz. of juice, one-half of a can of regular pop, one to two packets of sugar, one packet of honey, or four to five hard candies. A serving of carbohydrate and protein food, such as cheese and crackers, half of a sandwich, or cereal and milk, should follow.

Attach a copy of the student's Individual Health Plan.