

EARTHQUAKE KIT FOR SCHOOLS

Disasters can happen at any time, and it is important for school personnel to be aware of what to do in these situations. It is especially important for them to be informed about what to do for children with diabetes. Earthquake kits should contain the same supplies as for all the other children in the classroom, **plus** the following items:

- Bottled water (2-4 litres)
- Package of Crystal Light® or similar sugar-free drink crystals
- Junior juice boxes (4)
- Full package of crackers
- Peanut butter or processed cheese spread, and knives
- Handi-Snacks® or similar
- Fruit leathers
- Dry cereal
- Nuts
- Pre-packaged tuna and crackers
- Glucose tablets/hard candies/jelly beans
- Energy bars
- Carnation Breakfast Essentials™ or similar cans
- Wipes, alcohol swabs, and/or antibacterial gel
- Glucose meter and supplies: batteries, strips, and lancets
- Flashlight and batteries
- Copies of prescriptions, insulin dosages and/or pump settings
- Other prescription medications
- Personal and medical contact lists

Insulin/needles/pens: some considerations

- Insulin is only stable at room temperature for approximately 30 days, even if it is unopened. It is important to note where the earthquake kit is kept at school, so that if you pack insulin in the kit, it needs to be replaced every month. If you have insulin stored in a fridge somewhere else, who will get it in an emergency?
- Is there someone at the school who could give insulin to your child in the event of an emergency (such as designated school staff)?
- If your child is able to administer his/her own insulin, perhaps they could always carry a pen with insulin in it to school in their backpack. (Pen needles or syringes may be reused in case of an emergency)
- If you pack insulin, don't forget syringes and/or pens to give it. Also, younger children may need written, easy-to-understand instructions about their dosages and sliding scales.

Insulin pumps: some considerations

- If you choose to keep pump supplies in the emergency kit, remember to pack rapid-acting insulin, reservoirs, infusion sets and pump batteries
- Don't forget to pack long-acting insulin and a pen or syringes in case the pump fails.
- Younger children may need written, easy-to-understand instructions about basal rates, carb ratios and correction factors, or how to switch to injections.

Find out your child's school policy on how children with medical conditions are identified!

It is also very important for your child to be wearing medical ID at all times, as they may be at a higher priority to receive medical attention.

See also our handout [*Diabetes Emergency Survival Pack*](#).

These are only guidelines. We would also suggest that you have an emergency/earthquake kit at home that contains enough food and diabetes supplies for 2-week period.

For further information, see PreparedBC's *Household Preparedness Guide* and *Household Emergency Plan*, both available online at www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc.

GUIDELINES FOR SCHOOL PERSONNEL FOR TREATING HIGH OR LOW BLOOD SUGARS

Low Blood Sugar:

Check blood sugar reading. If it is less than 4.0:

- Give 4 ounces (125 mL) juice (1 Junior juicebox or $\frac{1}{2}$ regular juicebox) **OR**
- 3-4 glucose tablets **OR**
- 5 jelly beans **OR** 15 Skittles®
- Wait 10-15 minutes and recheck the blood sugar reading. If it is still less than 4.0, retreat with juice.
- If it is greater than 4.0 on retest, add crackers and cheese, or crackers and peanut butter.

High Blood Sugar:

If the blood sugar is more than 12-14:

- Child may need extra water or fluids. (A suggestion: mix sugar-free juice crystals with some of the water, save and label with the child's name.)
- Child may have to go to the bathroom to urinate more often.
- If the child is able to give his/her own insulin, may require extra fast-acting insulin.
- If the child is unable to give his/her own insulin: avoid giving fruit, fruit juice or sugary foods, as this will only increase the blood sugar further. Use high-protein, low carbohydrate foods instead.

Try to give all meals/snacks on time. Nuts are a good snack item that doesn't raise the blood sugar very high.