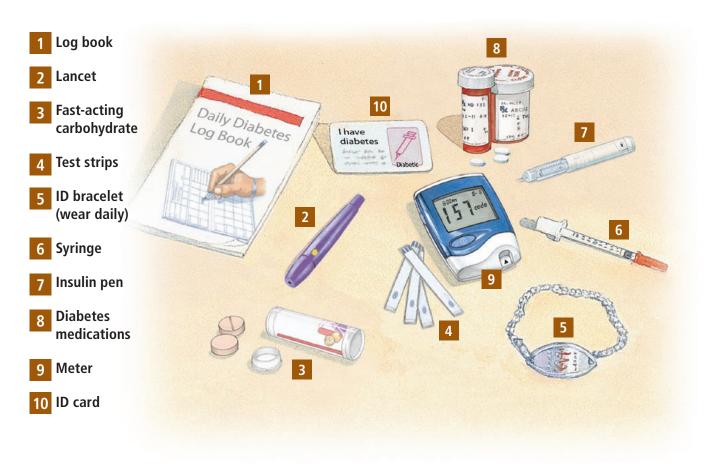
## **My Diabetes Tool Kit**

Keep track of your blood glucose supplies and medications by creating a diabetes kit. A small makeup or travel bag makes an ideal "diabetes tool kit." Include the supplies shown below, as needed. And don't forget to include any other medications you take.



## Don't forget any other medications you take!

## In Case of Disaster

Be prepared for an emergency. Keep an insulated, waterproof diabetes disaster kit ready. Include all the same items as in your diabetes tool kit. A disaster kit should also contain prescription numbers, medica-tion lists, and photocopies of recent lab results. Be sure to update this kit at least twice a year.