

Roommate's Emergency "What do I do?!" List:

Where can I find...?

1-Glucagon kit:

---

---

---

---

2- Cake Gel or Glucose Gel:

---

---

---

---

3-Glucose Tabs:

---

---

---

---

4-Sharps Container:

---

---

---

---

**What to tell 911 or the EMT if you find me unconscious:**

**1- I have Type 1 Diabetes**

**2- I am \_\_\_\_\_ years old**

**3- I deliver insulin via:**

---

---

---

**4- I have had diabetes for:**

---

**5- My emergency contact is:**

( ) \_\_\_\_\_

**6- How you found me**

**6- How you have treated me since finding me (tabs, glucagon, did you remove my pump? etc)**

What do I do if?

1. **I am unconscious or unresponsive:** DO NOT ASSUME I AM DRUNK OR PASSED OUT. I need sugar immediately
  - a. Call 911, tell them I have type 1 diabetes
  - b. Find my insulin pump. If it is still attached to me follow the tubing to where it is on my body, pull that set off. It is like ripping a band-aid off and won't hurt me or the device.
  - c. Get my **glucagon kit**. There are instructions in there of how to mix and draw up a shot. Deliver this to me in my thigh or butt (think epi-pen style).
  - d. If you aren't able to give me a shot, squeeze **cake gel** or **glucose gel** and onto my gums behind my lips. Use the whole tube. Don't put it on my tongue because I might choke.
  - e. Wait with me until the Paramedics arrive and explain to them what you have given me, how and when you found me and that I administer insulin with \_\_\_\_\_.
2. **I am acting confused or not able to function normally:**
  - a. Ask me: "\_\_\_\_\_ Do you feel low? Can I get you some sugar?" I might not be able to think coherently or respond well. Lead me somewhere to sit down.
  - b. Get some juice or my **glucose tabs**. I will need 4 to start off with right away. If juice, make sure it isn't "low sugar" and give me about a cup (8 oz).
  - c. Sit with me for at least 15 minutes, until I can have a conversation or until I can answer questions normally.
    - i. If after 15 minutes I don't appear to be improving, please give me 4 more tabs or another cup of juice.
    - ii. Once I am able to respond, please tell me how many glucose tabs/how much juice you gave me.
3. **If you need to move my insulin in the fridge:**
  - a. My insulin needs to stay cool to stay active. If it gets too hot or cold it can spoil. If you need to move my insulin please let me know.
    - i. If the fridge needs to be turned down in temperature I might need to move the insulin so that it doesn't freeze.
4. **If you find a syringe or needle:**
  - a. If I am not around, please don't touch an exposed needle. Put a plate or bowl over it until I get home and I place it in my sharps container.
  - b. If the syringe is capped (no needle showing) you can place it in my room or in my **sharps container**.
  - c. PLEASE TELL ME IF YOU EVER FIND A NEEDLE, ESPECIALLY ONE WITHOUT A CAP!!!