

# What Will You Do When Disaster Strikes?



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**“Advance preparation is a key defense for chronic disease management during emergencies.”**

When you’re dealing with a chronic medical condition like diabetes, diligence and preparation are key.

But when an emergency situation or natural disaster strikes at your home or workplace – whether fires or floods, hurricanes, blizzards or even something like an unexpected auto breakdown – the disruption of a normal routine and limited access to much-needed resources can create chaos.”

Read more at [My Diabetes Emergency Plan](#)