

## What should my emergency kit contain? (injections)

**Capillary blood sugar meter**  
+ test strips, lancing device,  
alcohol swabs, etc.



**Contact information of  
your healthcare team**



**Ketone body  
measurement device**  
+ test strips



Enough **quick-acting sugar** to  
**treat two hypoglycemic episodes**  
(e.g., Dex4®, Gluco5g, juice box, etc)



**Injectable  
or nasal glucagon**