

ADRENAL INSUFFICIENCY UNITED'S

"Cookies for Cortisol"

How do we do this?

Here are some helpful tips when delivering your cookies to your local EMS/FIRE STATION.

1. If your child is old enough to go, take him/her with you when you visit EMS/Fire Stations, as this puts a face to adrenal insufficiency. Also get them involved in the cookie making. It is a lot of fun! Even if you don't have a child with AI, take a child if you can. EMTs seem more responsive with little ones who are excited to see all the fire trucks.
2. Take a couple dozen cookies to each place in a throw away container or wrapped in cellophane. Firemen really like cookies!
3. Start off by introducing yourself and explaining that you or your loved one has adrenal insufficiency. Take the adrenal crisis pathway with you, it's a great visual on why protocols are needed.
4. Most firemen/EMT will ask questions. It's ok if you don't know all the answers, you can always refer them back to aiunited.org. Just be sure to know the basics of the disease and that you are asking for help in making sure protocols are in place to save your or your loved ones life.
5. Ask for their email so AIU can send them a link to our free EMS training, developed by an EMT school in Oregon.
6. Ask for phone numbers of Medical director of the city/county you are in. Many times, you may be offered those numbers before asking. They were always eager to help and wanted to know what they could do. Their jobs are to save lives and they want training and the meds to do that!
7. Follow up and try to make phone calls talk to the higher officials. If you are really fired up, call local news stations and newspapers and let them know what is going on.
8. Take pictures! Post on the AIU FB page so we know what is going on with everyone all over the country. It is exciting to see how "Cookies for a Cause" makes an impact for our loved ones with AI.
9. Have fun!
10. If all you do is take cookies to one fire department that is fine. We can do this ONE cookie at a time!!!!