

## Take Care of Yourself When You Are Sick



You need to take special care of yourself when you are sick.

### Keep Taking Your Medicine

- Be sure to keep taking your diabetes pills or insulin.
- Do not stop taking them even if you cannot eat.
- Your provider may even advise you to take more insulin during sickness.

### Keep Eating

- Try to eat the same amount of fruits and breads as usual.
- If you can, eat your regular diet. If you are having trouble doing this, eat enough soft foods or drink enough liquids to take the place of the fruits and breads you usually eat.

## Check for Changes

- Test your glucose at least every 4-hours. If your glucose is 300 or higher, call your provider.
- Weigh yourself every day. Losing weight without trying is a sign of high glucose.
- Check your temperature every morning and evening. A fever may be a sign of infection.
- Every 4 to 6 hours, check your breathing and decide how alert you feel. Trouble breathing, feeling more sleepy than usual, or not thinking clearly can be warning signs.

## Drink Liquids

- Drink extra liquids -
  - Drink at least 1 glass (1 cup) of liquid every hour. If you are eating, these liquids should be sugar-free.



## Staying in Balance at Work and School

Stay in balance no matter what your day holds. Work, school, travel, or special events takes planning ahead. Many days will go smoothly, but some days will hold surprises, such as extra activity or delays that throw your schedule off.

- Plan ahead for these times by always keeping a treatment for hypoglycemia with you (see Hypoglycemia card for choices). If you have any signs that your glucose may be low, go ahead and treat it right away.
- Stay as close to your eating, activity, and medicine schedule as you can. Check your glucose often to see if there are changes. Always wear identification that says you have diabetes.
- Talk with your diabetes team about your planned schedule and activities. Ask for help in planning ahead for work, school, travel, and special events.
- Talk with your diabetes team about the type of activity you do at work or at school. From time to time, you and your diabetes team may need to make changes in your activity, medicine, or eating.

- Many people take supplies for testing their glucose to work and to school so they can test at regular break times. Some people choose to show their fellow workers, their teachers, or their classmates how to help if they should ever have a problem.



## Staying in Balance When You Travel

When you plan a trip, think about your day-to-day schedule and try to stay as close to it as you can. For example, if you usually test your glucose at noon and then eat lunch, plan to do this on your trip as well.



Trips can hold surprises with delays and changes. Even the types of food and supplies you can buy on your trip may not be the same as those you get at home.

Before you travel, work with your provider to plan your timing for medicine, food, and physical activity. Talk about what to do if you find changes in your glucose readings.

## Plan ahead for trips:

- Keep snacks with you that could be used to prevent or treat hypoglycemia.
- Carry extra food and drink supplies with you, such as cracker packs and small cans of juices or bottled water.
- Carry plenty of glucose testing supplies with you.
- Take along all the diabetes medicine you will need.

## When you travel, be sure to:

- Test your glucose often and keep track of it.
- Wear identification that says you have diabetes.
- Let others know how they can help you.

If you are traveling in a different time zone, you may need to change your timing of food, medicine, and activity. Ask your provider to help you with this.

Talk about the food and drink choices that would be healthy for you. If you will be in another country, ask your doctor to write a letter explaining that you have diabetes. It's also a good idea to get your doctor to write a prescription for you to get diabetes medicine or supplies, if needed.

## Call for Help

You should call your provider, call 911, or go to an emergency room if any of the following happens:



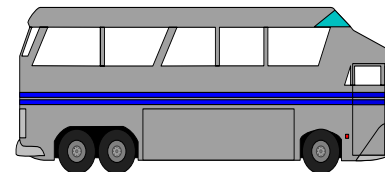
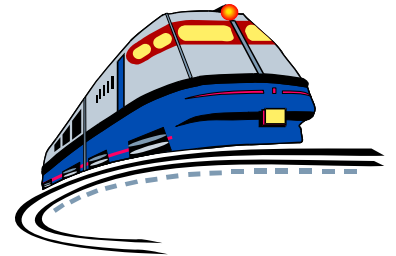
- You feel too sick to eat normally.
- Can't keep food or liquids down for more than 6 hours.
- You have severe diarrhea.
- You lose 5-pounds or more without trying to.
- Your temperature is over 101°F.
- Your glucose level is lower than 60 or stays over 300.
- You have trouble breathing.
- You feel sleepy or cannot think clearly.

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## Staying in Balance When You Travel



# Staying in Balance at Work and School

