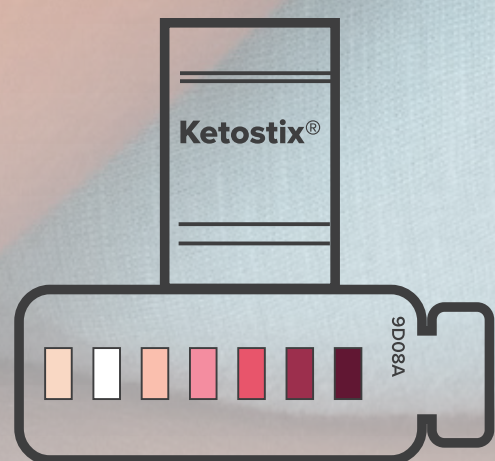
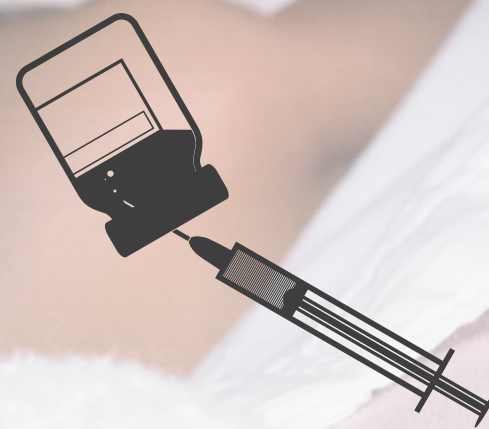


MANAGING TYPE 1 DIABETES WHEN YOU'RE SICK

Being sick can cause both high and low glucose levels and put you at risk for ketones. Below are some tips for sick-day management.



Check for ketones if your glucose is higher than 240 mg/dL (if using a pump) or 300 mg/dL (if taking injections), and check every 4-6 hours when you are nauseous, vomiting, or when you have a fever.



Don't stop taking insulin even if you are nauseous or vomiting—call for help! Your doctor may prescribe medication to help you stop vomiting.



Contact your doctor for advice if moderate or large ketones are detected.

