

# Diabetes and Sick Days

Just like people without diabetes can get sick, so can people with diabetes. If you have diabetes and get sick, there are some important things that you need to do and remember.

**Because you have diabetes, you should take good care of yourself when you are sick.**

- Check your blood sugar more often when you are sick
- Take your diabetes medicines on your usual schedule
- Drink at least one glass of water every hour
- If your sugar levels are less than 70mg/dl, have a fast acting snack
- If you have Type 1 diabetes, check for ketones
- Take care of your sickness
- Let your diabetes team know if you are having trouble controlling your blood sugar



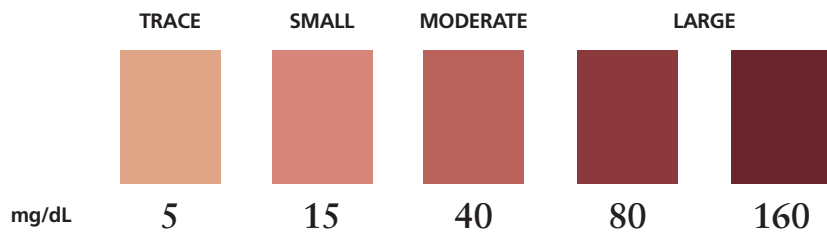
## Being ready in case you are sick:

It is important to have these things in your house in case you get sick:

- A blood sugar meter and test strips
- Your diabetes medicines
- Sugar fluids and sugar free fluids
- Ketone strips (if you have Type 1 diabetes)
- Medicines for nausea and vomiting
- Medicines for diarrhea
- Phone numbers for your health care team

## If you have Type 1 diabetes, check your ketones if:

1. Your blood sugar is more than 250mg/dL
2. You are sick
3. You are exercising and your blood sugar is more than 250mg/dL



Large ketones means you need to go to the emergency room right away

## Signs and symptoms of ketones:

- “Fruity” smelling breath
- Upset stomach and throwing up
- Breathing fast
- Stomach cramps
- Confusion
- Fainting (fits)



## Reasons you may need urgent care or the emergency room (ER)

- High blood sugars that do not come down
- Large ketones in your urine or DKA (diabetic ketoacidosis)
- Vomiting (throwing up) that will not stop
- Diarrhea (loose stools) that will not stop
- Loss of consciousness (cannot wake up) with low blood sugar
- Any other sickness that is an emergency



Meter



Fluids



Pills



Insulin



Ketone Strips  
(Type 1)



Health Team



Sick Day Kit