Being sick can make blood sugars hard to control. Even common problems, like a cold, vomiting, or a fever, can cause serious health problems. Here are some important things to remember when you are sick:

- Try to eat your normal meal plan.
- Drink non-caffeine liquids every hour, if you can.
- Keep a record of:
  - what you eat and drink
  - your blood sugar levels every four hours
  - ketone readings every four hours—if you take insulin
- Call your doctor or health clinic if you are sick and don’t know what to do, or if you:
  - are unable to eat or drink liquids
  - are vomiting or have diarrhea
  - are too ill to take your diabetes medicine
  - can’t control your blood sugar or have ketones