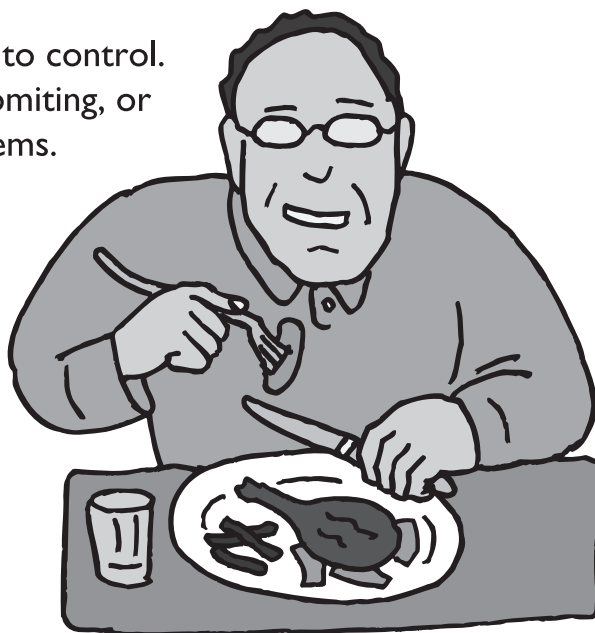


# SICK DAYS WITH DIABETES

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:



Drink non-caffeine liquids every hour, if you can.

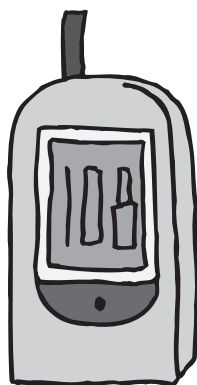


Try to eat your normal meal plan.



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:

- can't eat or can't drink liquids
- are vomiting or have diarrhea
- can't take your diabetes medicine
- can't control your blood sugar or have ketones

