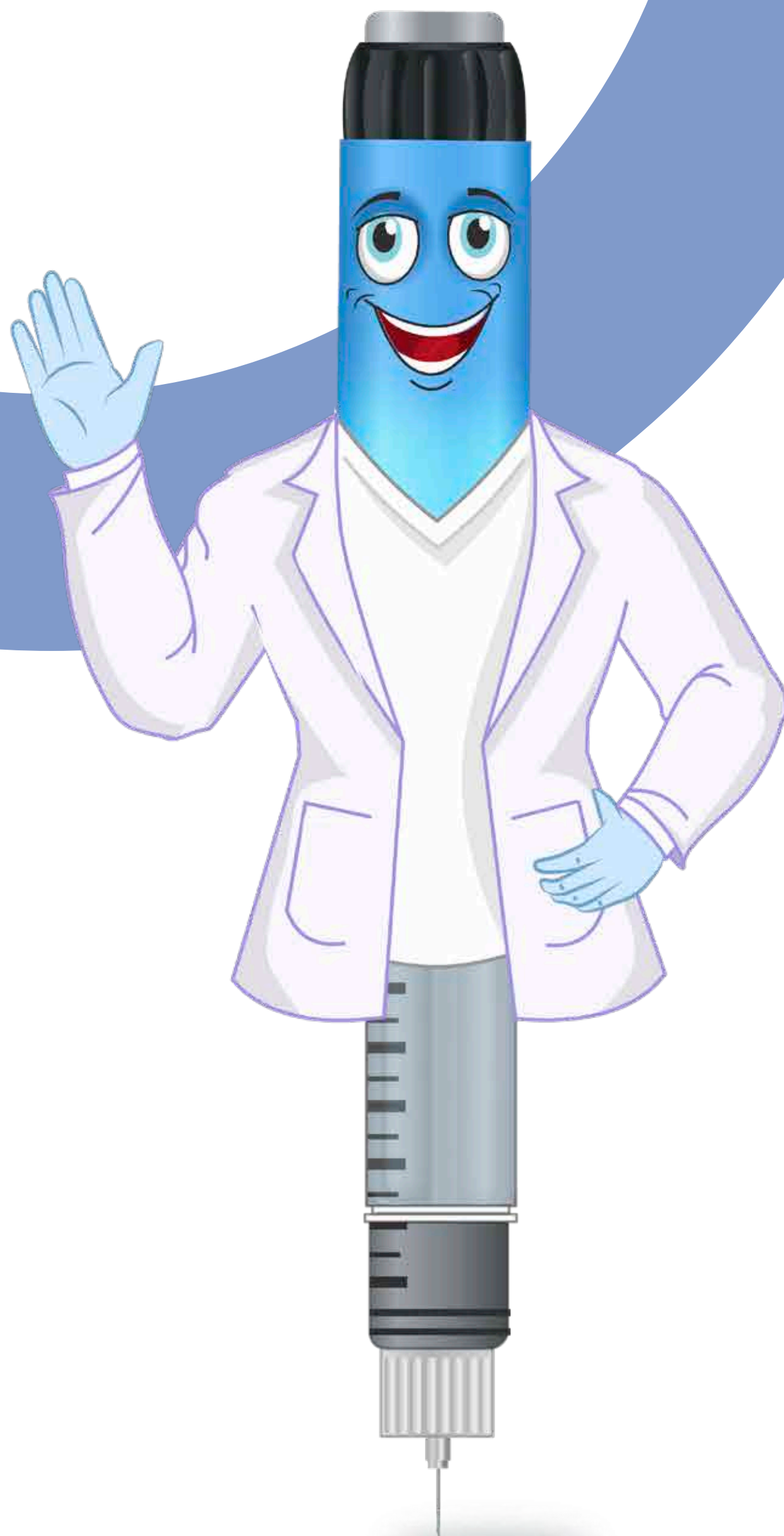


MyCARE

With me, every step of the way



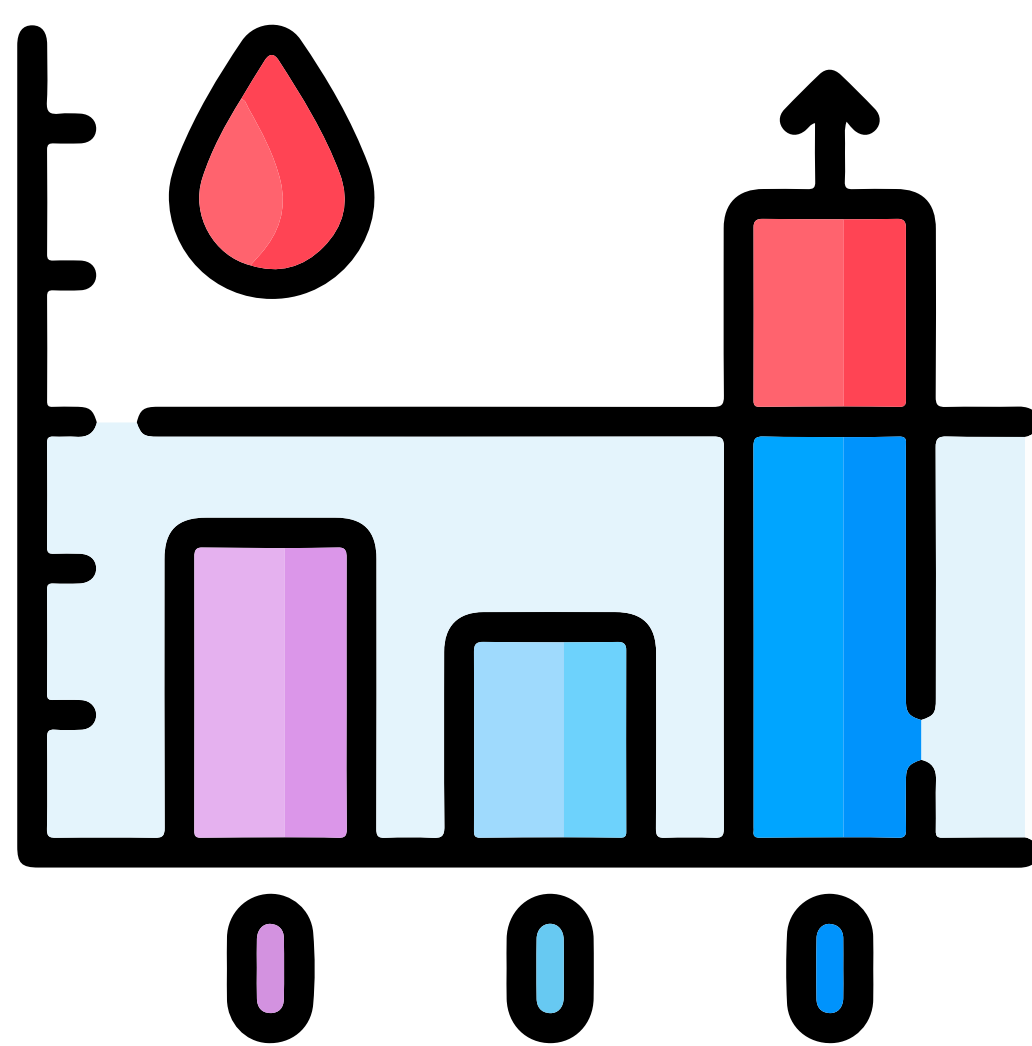
“ In Type 1 Diabetes,
**IT'S ESSENTIAL TO BE
PREPARED** and know
what to do **IF YOU
BECOME ILL.** ”



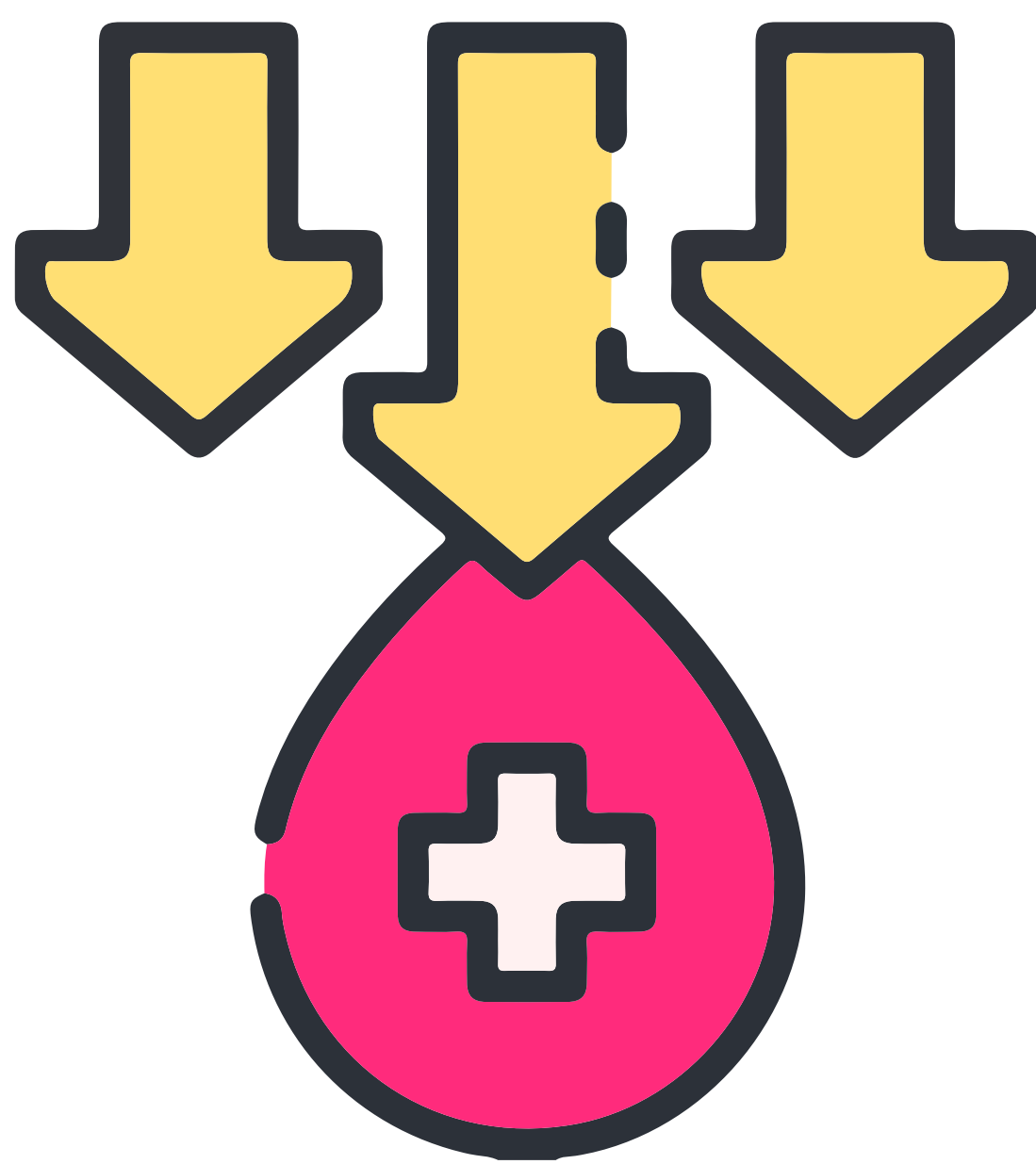
WHEN YOU FALL ILL, your
blood sugar can go high
because of the stress
hormones released by illness



Very high blood sugar levels
**CAN LEAD TO DIABETIC
KETOACIDOSIS (DKA)**



DURING ILLNESS, you may eat less or have nausea, vomiting or diarrhoea which can cause low blood sugar levels



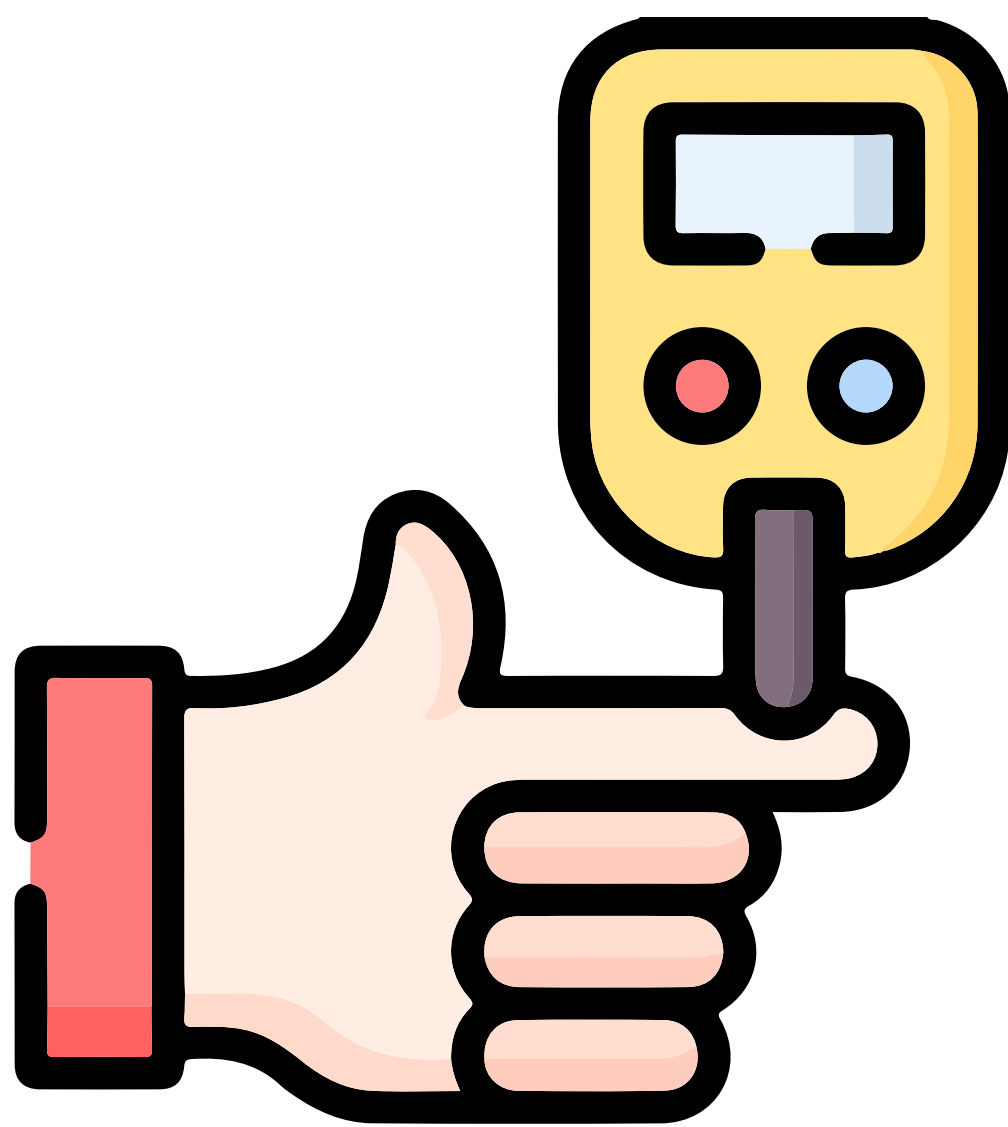


**SO HERE
ARE A FEW KEY
POINTS TO
REMEMBER
DURING SICK
DAYS**



S
SUGAR

**CHECK YOUR BLOOD SUGAR
OFTEN** (at least 4 hourly,
more frequently if needed)





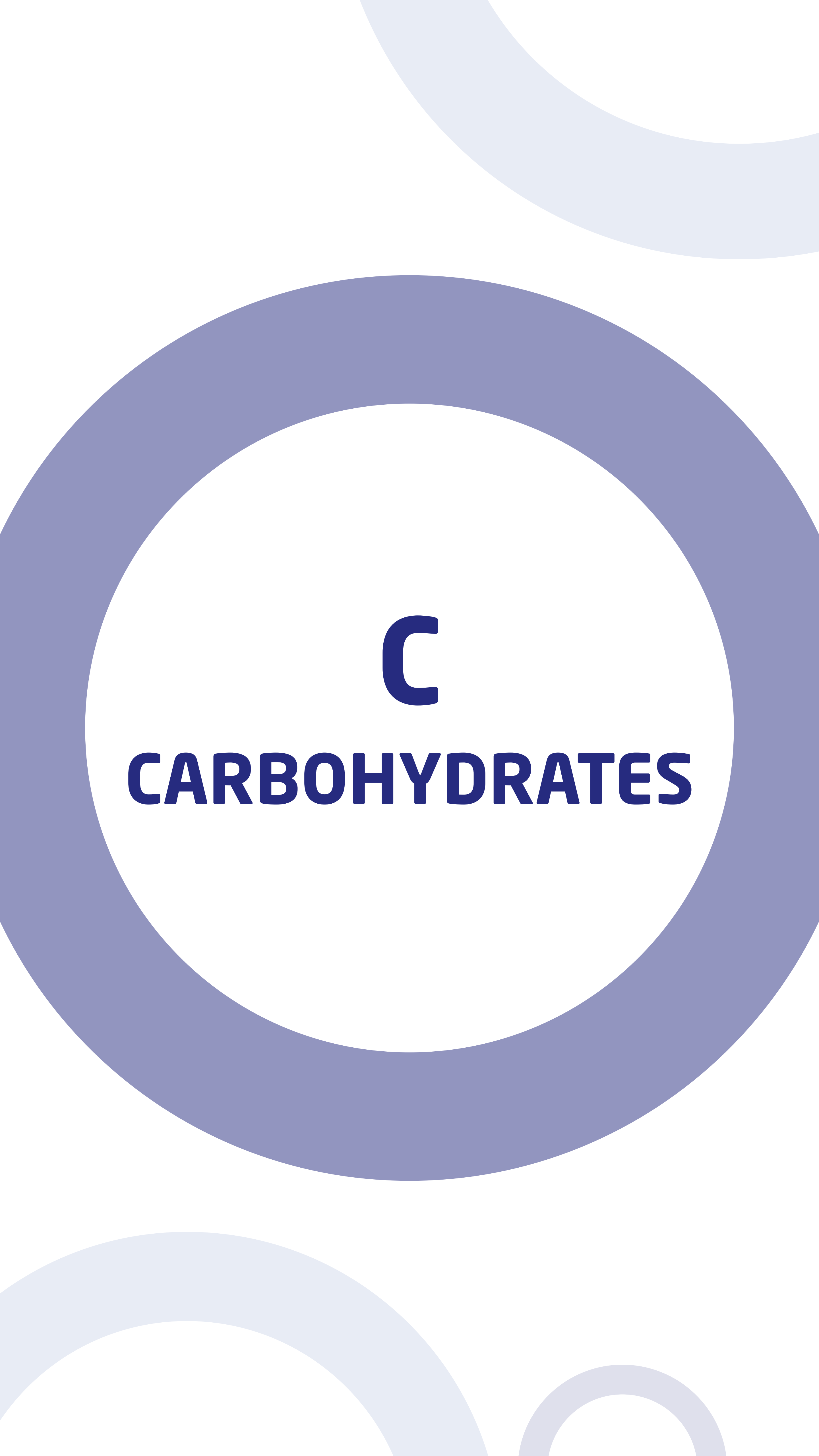
I

INSULIN

DO NOT STOP INSULIN.

Insulin dose may need to be increased or decreased, based on blood sugar level and food intake

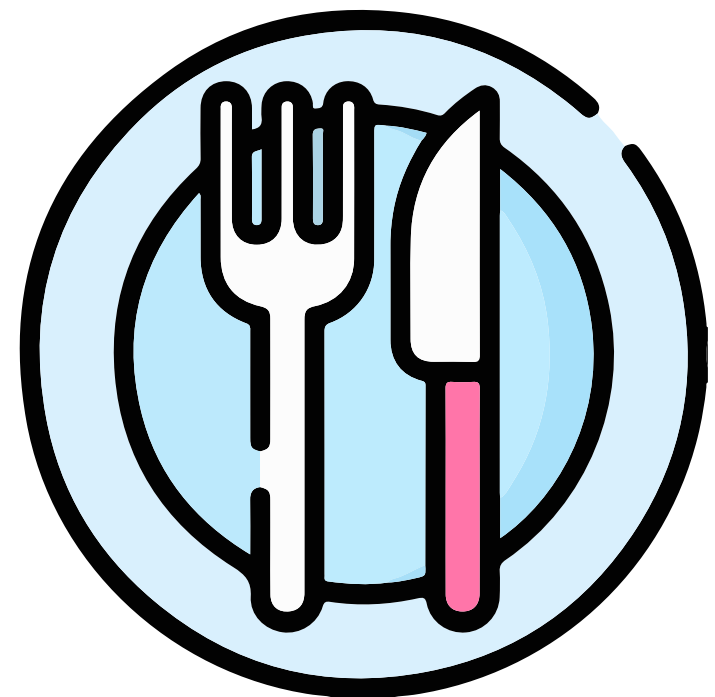




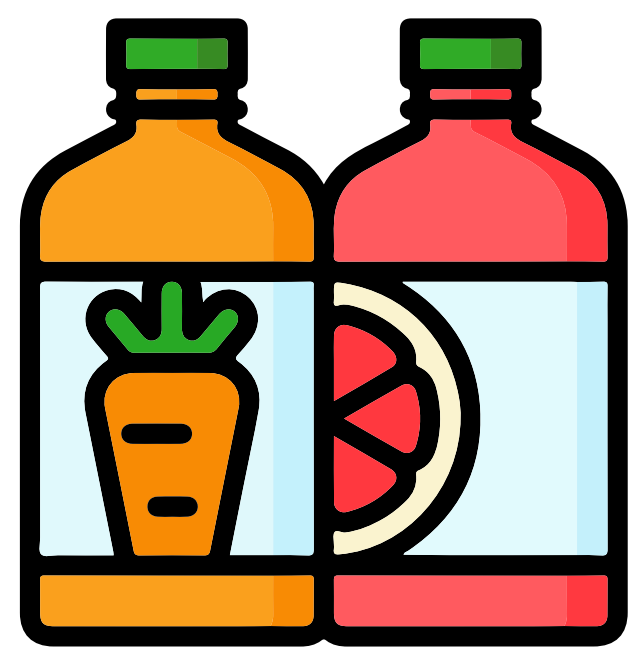
C

CARBOHYDRATES

Try to **MAINTAIN
YOUR USUAL DIET
INTAKE**



**IF UNABLE TO EAT
MUCH,** carbohydrate
containing soft foods
like khichdi or fluids
can be taken



Make sure you are
**DRINKING ENOUGH
FLUIDS** and are well
hydrated



IF BLOOD SUGAR IS HIGH, drink sugar-free drinks like water, clear soups, salted lemon water, buttermilk etc.

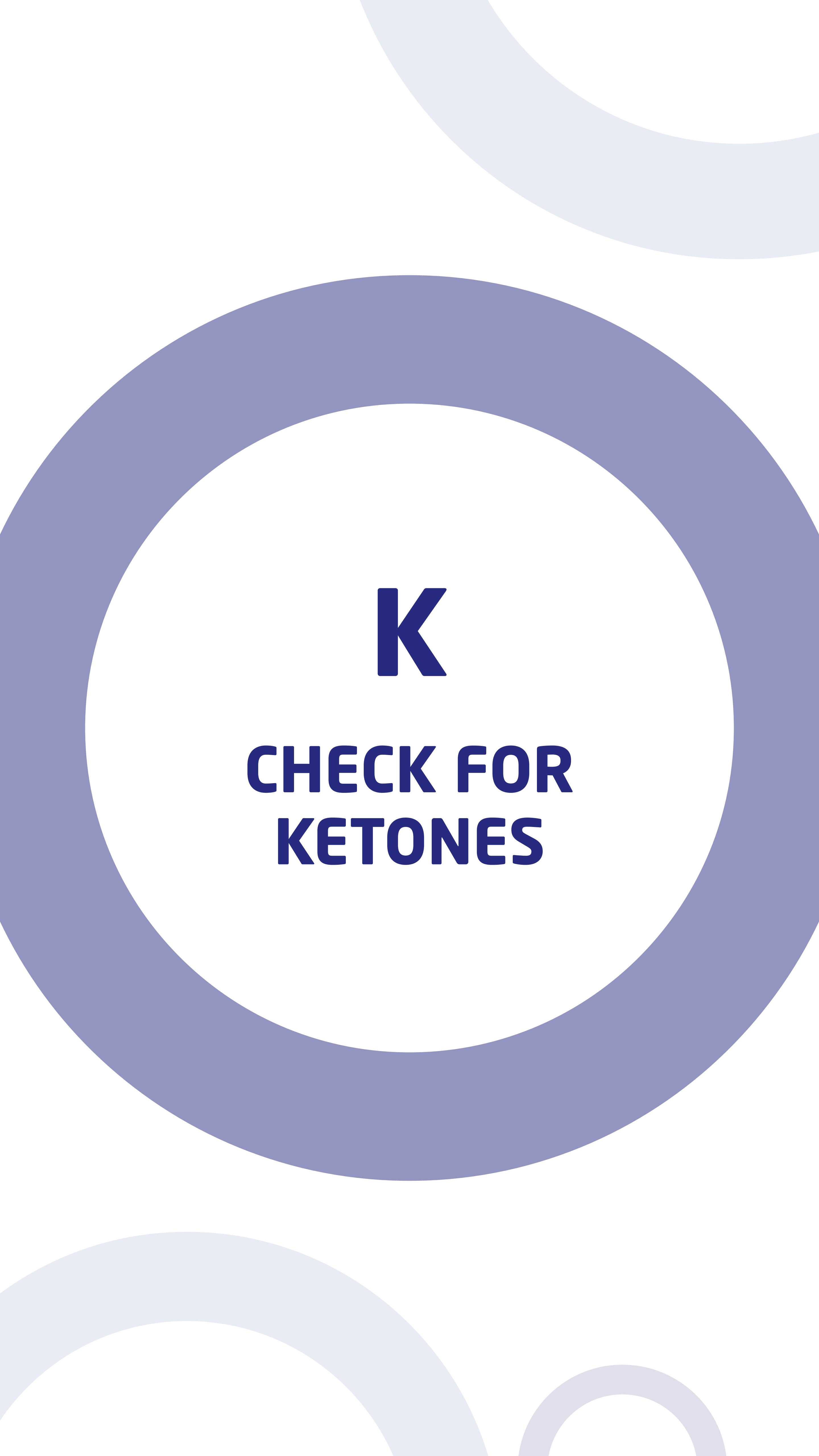


IF BLOOD SUGAR IS LOW, drink carbohydrate-containing drinks like milkshakes, fruit juices etc.



AIM FOR 15 GRAMS OF CARBOHYDRATE every three to four hours

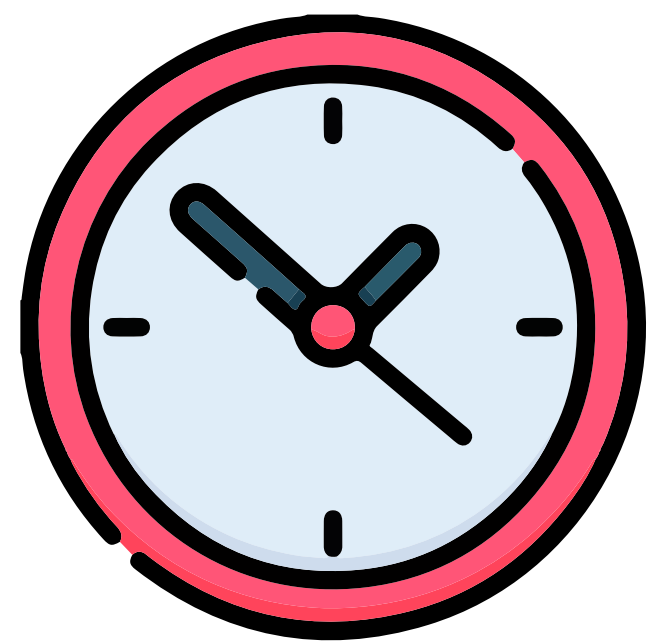




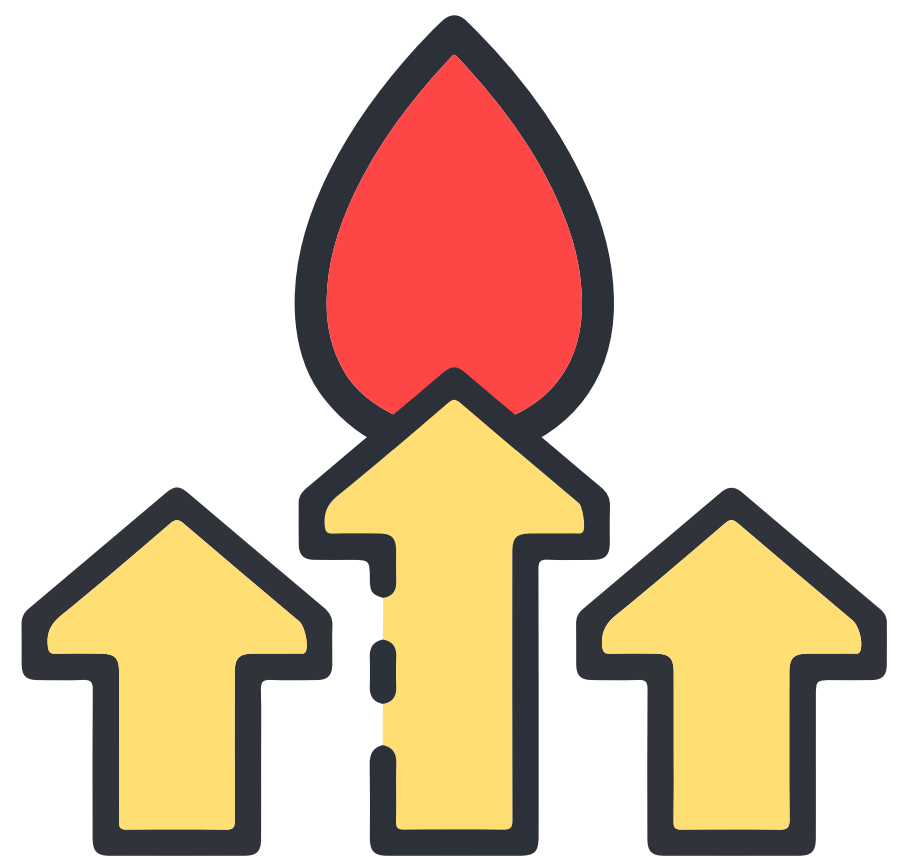
K

**CHECK FOR
KETONES**

Monitoring for ketones is very important to prevent DKA. **CHECK FOR URINE OR BLOOD KETONES EVERY 4 HRS.**



IF BLOOD SUGAR IS CONSISTENTLY HIGH (>250 mg/dl), and there is vomiting, stomach pain or signs like quick breathing, check ketones



YOU MAY NEED TO TAKE RAPID ACTING OR SHORT ACTING INSULIN

if ketones
are present.

Contact your doctor
immediately for help



Drink enough fluids
to **FLUSH OUT THE
KETONES**



TREAT the
underlying disease



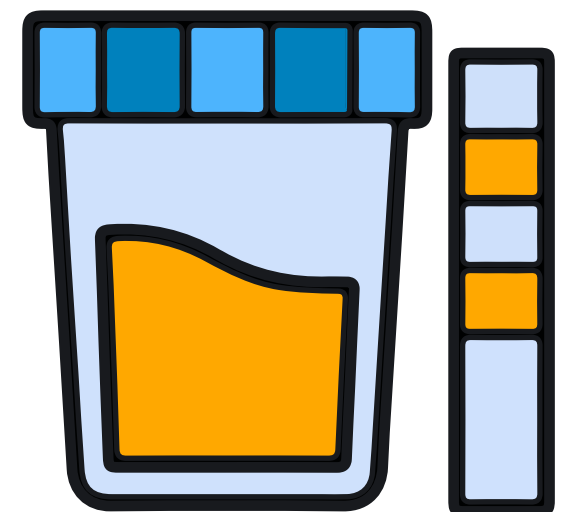


**RED FLAGS TO
CONTACT YOUR
DOCTOR**

**TROUBLE DURING
BREATHING**



**PRESENCE OF
MODERATE TO
LARGE KETONES** in
the urine or
>1.5mmol/L in blood



UNABLE TO EAT or
drink anything



There is **SEVERE
VOMITING OR
DIARRHOEA**




Temperature is
**MORE THAN 101° F
FOR 24 HOURS**



**FACE FEELS
FLUSHED** or **NOT
MENTALLY ALERT**





**THESE
ILLNESSES ARE
MOST LIKELY TO
HAVE AN EFFECT
ON BLOOD
SUGAR LEVELS**

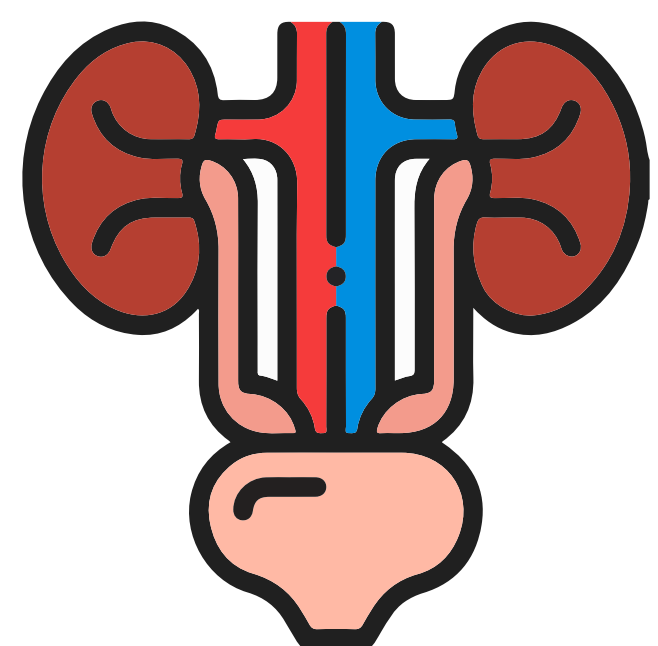
**COMMON COLD OR
FLU, INCLUDING
COVID-19**



SORE THROAT



**URINARY TRACT
INFECTIONS**



BRONCHITIS or
CHEST INFECTIONS,
UPSET STOMACH and
DIARRHOEA



SKIN INFECTIONS

such as abscesses
(especially if these
conditions are
followed by a fever or
high temperature)



TREATMENT WITH STEROIDS



“ For more information,
contact your doctor or your
MyCARE Diabetes Educator.”



MyCARE

With me, every step of the way

Reference

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