

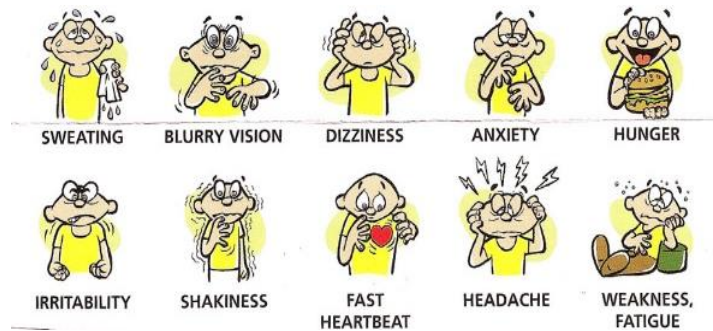
## Handling Diabetes When You're Sick



If you have diabetes and you become unwell for any reason, it is important that you practice **sick day management**, which can include:

- Calling your primary care provider and/or diabetes care team about your medications (some medications might need to be put on hold temporarily or increased) if you are at risk of dehydration (due to vomiting, diarrhea and fever)

- Know the signs and symptoms of low blood sugar and high blood sugar, and how to treat a low blood sugar (see next page)



- Staying well hydrated and having unsweetened drinks on hand, eating smaller portions but more often throughout the day
- Monitoring blood sugar more frequently (being sick can raise your blood sugar levels)

Your diabetes team can help answer any questions about managing diabetes while sick, or if you have any questions in regards to managing diabetes.

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