

## Sick Days

- Have a plan ready before you get sick. Know what you are going to do if you get sick.
- A cold, the flu or other infection can raise your blood sugar.
- Talk to your doctor about getting flu and pneumonia shots.

### What To Do When You're Sick

1. Always take your insulin or diabetes pills, even if you cannot eat.
2. Check your blood sugar at least every four hours.
3. (Type 1 diabetes) Check urine or blood ketones twice a day every day that you don't feel well even if blood sugar is not high. Test ketones if you throw up even if you only throw up once. The key to staying out of the hospital is finding ketones early.
4. Drink lots of sugar-free, caffeine-free fluids like broth, tea, coffee, water and diet pop. Sip small amounts frequently or eat ice chips.
5. Get lots of rest.
6. Follow your meal plan. If you cannot eat, drink fluids that will give you carbohydrates. Suggested carbohydrate foods and drinks: regular soda pop, regular Jello, dry toast or saltine crackers.
7. Call your doctor if:
  - (Type 1 diabetes) urine ketones are moderate or higher or blood ketones are 1.0 or higher.
  - blood sugar stays above 240.
  - you have thrown up more than three times and you can't keep anything in your stomach.
8. Go to the Emergency room for trouble breathing, unusual deep breathing, very large urine ketones or blood ketones 3.0 or higher.
9. Call 911 if the person passes out or has a seizure.

### Sick Day Supplies

Sick day plan	Thermometer
Extra blood sugar test strips	Ketone test strips
Doctor's phone number	Blood sugar meter
Extra test strips	