



ALERT:
Never stop taking your insulin when you are sick, even if you are vomiting and cannot eat.

An annual flu shot is recommended if you have Diabetes.

Sick Days

- Diabetes can get out of control quickly during illness.
- Blood sugars tend to rise with flu, colds and infection even if you are not able to eat.

How to take care of Yourself

- Always take your diabetes medication/insulin.
- Drink 1 cup (250 ml) of liquid every hour.
- If blood sugars are over 12 mmol/L, choose sugar-free drinks like water, “diet” ginger ale, broth, tea, sugar-free Jell-o and sugar-free popsicles.
- If blood sugars are under 12 mmol/L and you are unable to eat, try clear liquids containing sugar like regular ginger ale, apple juice, regular Jell-o and regular popsicles.
- Check your blood sugar every 2 - 4 hours around the clock (even if you don’t feel like checking).
- Have medications like acetaminophen (for example, *Tylenol*) available for treating fevers and anti-nausea medication (for example, *Gravol*) for nausea and vomiting.
- **Call or see your doctor if:**
 - Your blood sugars stay consistently above 15 for more than 6 hours.
 - You are vomiting and/or have severe diarrhea and are unable to keep down fluids for 12 to 24 hours.
 - If your illness lasts longer than 12 hours or is very severe.
 - Ketones are present in your urine.
- An annual flu shot is recommended.

Mismanagement of sick days is a common cause of diabetic ketoacidosis in type 1 or ketone-prone type 2 diabetes.