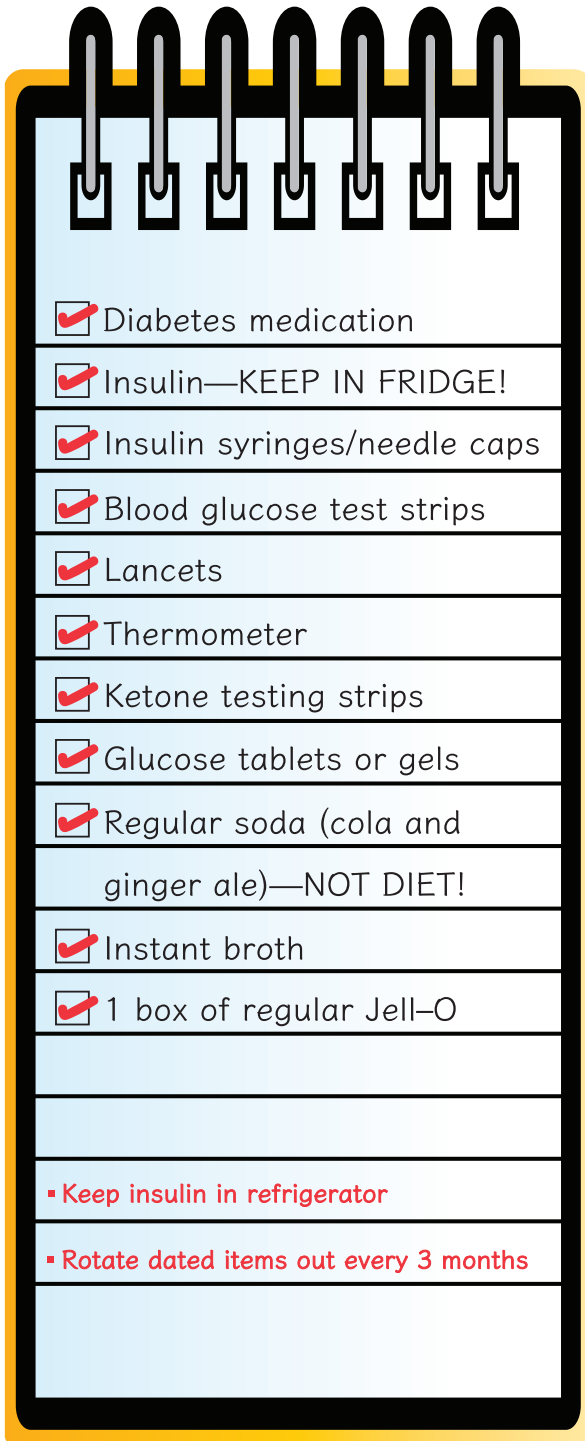


Diabetes is harder to manage when you are sick. Even a cold can raise your blood sugar levels.



FOLLOW THESE GUIDELINES WHEN YOU ARE SICK:

- Stay hydrated and drink fluids
 - Drink 1/2 cup to 1 cup of fluid every 30-60 minutes
- Take your insulin and diabetes medications even if you don't feel well
- Call your doctor if you don't know how much medication to take
 - You may need extra medications during your illness
- Try to eat the same amount of carbohydrates as you normally do to prevent low blood sugars

Try foods easy on the stomach that have 10-15 grams of carbohydrate:

- 6 saltine crackers
- 1 slice of dry toast
- 1/2 cup mashed potatoes
- 1/2 cup of regular (not sugar-free) Jell-O
- 1/2 cup of ice cream (not sugar-free)
- Regular popsicle (not sugar-free)
- 1 cup of chicken soup

EXAMPLE lunch meal plan (4 carbohydrate servings):

- 1/2 cup of regular pudding
- 1 cup of chicken noodle soup
- 1 1/2 cups of Gatorade
- 6 saltine crackers

CALL YOUR DOCTOR IF YOU HAVE:

- Vomiting and/or diarrhea for more than 6-12 hours
- Moderate to high ketone levels in your urine
- Blood sugar reading above 300 mg/dl or below 60 mg/dl