

Dealing with diabetes: day to day

Level: 1

Subject: Life at school

TEACHER

STUDENTS



www.fundaciondiabetes.org

You may have seen one of your school friends eating or drinking, during class.

That's because, when you've got diabetes, there are things you've got to do to keep your condition under control.



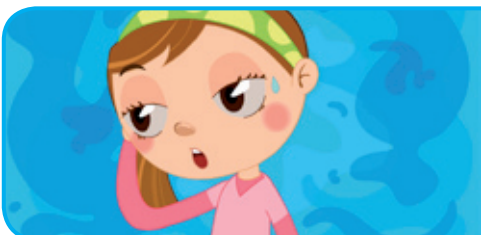
Before having her mid-morning snack, Carol checks her glucose levels and has a shot of insulin.



Before doing P.E., she checks her glucose levels and has something to eat or drink.



Before every meal, Carol checks her glucose levels and has a shot of insulin.



Whenever she doesn't feel too well - a bit dizzy or sweaty - Carol checks her glucose levels and, maybe, has something to eat or drink.

You may have seen your friend eating or drinking, during class. Don't be surprised if you, suddenly, see him or her having a fruit drink and the teacher just carries on talking!

Also, when they've got too much glucose in their blood, they may get the urge to urinate. But, just because they get to go to the toilet and you don't, doesn't mean they're special or that they're teacher's pet!