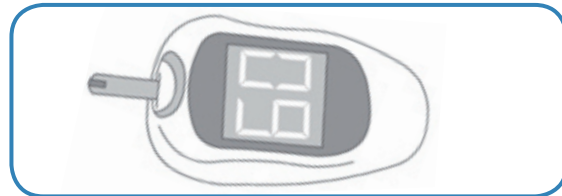> Any school friend with diabetes can - and should - do exactly the same things as you.
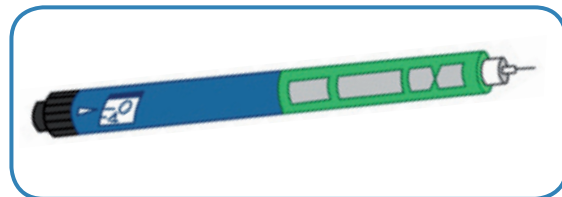> **Diabetes is not a handicap.**

You've, probably, seen your school friends who have diabetes using an odd-looking device. The reason is that, before a snack – at break time - or before a meal - lunch, in the canteen - they need to check to see how their blood-glucose levels are doing and then - sometimes, though not always – they have a shot of insulin.

They use a device like this, a glucometer, to check the level of glucose in their blood.

Insulin is delivered with a device that looks, a bit, like a pen.

There are times when they'll need to break, to eat or drink something - even if it's the middle of class! That'll be because they're feeling their blood-glucose running low and they need to get their energy up, right away! Teachers give them permission to do this because they know how vital this is, for the health of a student with diabetes.

You've, maybe, also noticed that students with diabetes get to go to the toilet, when other students don't. It's not because they're special or teacher's pet: what happens is that, when you've got too much glucose in your blood, you urinate more frequently.

As a general rule, these should be the only concessions the school makes to those who have diabetes.

Carol's got diabetes

**Subject:** Life at school

☐ TEACHER   ☒ STUDENTS   2/2

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www.fundaciondiabetes.org

## Take a look at this table:

|  | Measure glucose levels | Have a small snack | Have a shot of insulin |
|---|:---:|:---:|:---:|
| Break time | X |  | X |
| Doing P.E. | X | X |  |
| Just before a meal | X |  | X |
| Clucose level feels a bit low | X | X |  |

Carol's got diabetes