Diabetes, Type I

Diabetes is a lasting (*chronic*) disease. It occurs when the body does not properly use the glucose (*sugar*) that is released from food. Glucose levels are controlled by a hormone called insulin. Insulin is made by your pancreas. In type 1 diabetes, the pancreas does not make any insulin.

HOME CARE

- **Never** run out of insulin. You need it every day.
- **Do not** skip insulin doses.
- **Do not** skip meals. Eat healthy.
- Follow your treatment and monitoring plan.
- Wear a bracelet that says you have diabetes and take insulin.
- Tell your child's school if he or she has diabetes. Tell the teacher and nurse about his or her treatment plan.
- If you start a new exercise or sport, watch for low blood glucose symptoms. Insulin dosing may be different.
- Follow up with your doctor often.

GET HELP RIGHT AWAY IF:

- You or your child has trouble keeping your blood glucose in target range.
- You or your child has blood glucose readings that are often too high or too low.
- You or your child has problems with medicines.
- You or your child is sick and not getting better after 24 hours.
- There is a sore or wound that is not healing.
- You or your child has a problem or change in vision.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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