

Dealing with diabetes: day to day

Level: 1

Subject: How much glucose is right?

TEACHER

STUDENTS



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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 just got to do, even if it's not exactly convenient!



There are times when Carol doesn't feel too well:

- She gets tired
- She gets dizzy
- She sweats, a lot
- She might become irritable



But it doesn't last very long! All she has to do is sit down and have a fruit juice!

So, you mustn't be surprised if you're in class and, suddenly, you see Carol having a fruit drink or eating sugar.



Then, there'll be times when Carol needs to go to the toilet, a lot.

You see, when there's too much glucose in your blood, your body gets the urge to urinate.

But, just because she gets to go to the toilet and you don't, doesn't mean Carol's special or teacher's pet!