

Dealing with diabetes: day to day

Level: 1

Subject: Outings and campings

TEACHER

STUDENTS



www.fundaciondiabetes.org

School trips are, for the most part, great fun events! You do special things, you visit interesting places, you get to play a lot, you eat sandwiches and fun food, you get to see your teacher in sports clothes...!

And, as long as Carol packs properly, she'll get to enjoy the trip, just as much as you!

When a special day comes along, Carol's parents help her decide how much insulin to take, what to eat and anything else she needs to prepare.

Because a long day out means never quite knowing what's going to happen next, Carol makes sure she has a few more glucose checks than usual, to see how her glucose levels are doing.

So, don't be surprised if you see a friend, who's got diabetes, carrying their glucometer around all the time. It's not because they're not well! It's because the glucometer helps them check their glucose levels, and that way they can do all the same things you do!

Things Carol should always have on hand are:



Her glucometer, to check the level of glucose in her blood.



A lancing device, to pierce the skin and draw a drop of blood.



An insulin pen.



Fruit juice and sugar cubes - just in case!