

# Dealing with diabetes: day to day

Level: 1

**Subject:** How to take a blood-glucose reading

TEACHER

STUDENTS



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In order for Carol to know how much insulin she needs, she - first - has to check the level of glucose in her blood.



She draws a tiny drop of blood, from the tip of her finger, and puts the drop in a small device.



Then, she waits a few seconds, for a number to come up on the screen. That number tells her how much glucose there is in her blood.



She has to have glucose checks several times a day, because it's not good to have too much glucose, or too little!



That's why most of Carol's friends, often, see her use the glucose measuring device, at school!



"Does it hurt?" they ask. Carol says it's only a tiny jab, and that it doesn't hurt half as much as when you prick your finger on a rose thorn.