

Dealing with diabetes: day to day

Levels: 2 and 3

Subject: Outings and campings

TEACHER

STUDENTS



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School trips are, normally, special events, where you get to do things you wouldn't, usually, do: you visit new and interesting places, you get lots of play time, you eat sandwiches and fun food, you get to spend more time with friends, you get to see your teacher in sports clothes...!

As long as they pack properly, any school friend with diabetes will enjoy the trip, just as much as you!

When a special day comes along, their parents help them decide how much insulin to take, what to eat and anything else they need to prepare.

Because a long day out means never quite knowing what's going to happen next, they'll need to have a few more glucose checks than usual, to see how their glucose levels are doing.

So, don't be surprised if you see them 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 they should always have on hand are:

- A glucometer, to check the level of glucose in their blood.
- A lancing device, to pierce the skin and draw a drop of blood.
- An insulin pen.
- Fruit juice and sugar cubes, so their glucose won't drop too far (hypoglycemia).