

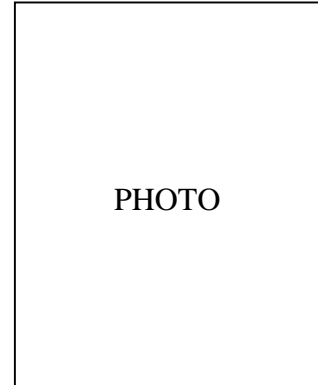
Hi, my name is \_\_\_\_\_. I'm a \_\_\_\_\_  
grader at \_\_\_\_\_.

I HAVE DIABETES AND TAKE INSULIN. IT  
IS IMPORTANT FOR YOU TO KNOW  
ABOUT SOME OF MY HEALTH NEEDS.

**PARENT MAIN PHONE:** \_\_\_\_\_

**Mother-cell:** \_\_\_\_\_

**Father-cell:** \_\_\_\_\_



1. I need to test my blood sugar at \_\_\_\_\_ a.m. (or \_\_\_\_\_ on PE days), before lunch and \_\_\_\_\_. I may need to be reminded to test.

2. I may/will need to have a snack at \_\_\_\_\_ (\_\_\_\_\_ on PE days). I will bring my own snack. Extra snacks and juice are in my classroom in a box with my name on it, and in the Health Assistant's office, should I need any.

3. I need a moment to give myself insulin at \_\_\_\_\_.

4. I also check my blood sugar if I don't feel well. PLEASE SEND A BUDDY WITH ME TO THE HEALTH ROOM AT THIS TIME.

5. I may experience LOW BLOOD SUGAR which has the following signs and symptoms (highest potential after exercise, before lunch, at the end of the day):

- Onset is sudden
- Hunger
- Pale skin color
- Dizziness
- Shaky
- Inattention
- Clumsy or jerky movement
- Headache
- Sweating
- Weakness
- Irritable, change in personality
- Change in level of consciousness

6. IF I AM UNABLE TO WALK TO THE HEALTH ROOM, treat immediately with some juice from my snack box (if I can swallow), or cake gel next to my gums (if still conscious but unable to drink) and call the office (Ext. \_\_\_\_\_) or send for clinic assistance if I show any of the above signs because I could be in an emergency situation. IF I PASS OUT, appoint someone to call 911 and stay with me.

7. I may occasionally have to interrupt activities for a drink and/or bathroom privileges. Fluid balance is an important component of maintaining proper sugar levels.

8. Everyone who has contact with or responsibility for supervising me needs to be aware of my medical needs. This is especially true for **substitute teachers**, and any **parent helpers** that may have contact with me.

Extra things to be aware of that will help:

- Diet is an important part of controlling my blood sugar levels. If you are aware in advance of treats that will be served in class, please let my parents know or let me call home.
- PLANNED exercise is also an important part of my health. If I need to miss a planned activity, such as PE or recess, please let my parents know or let me call home. The same goes for any EXTRA unplanned activity as well, such as extra recess time.
- If I have a planned snack to eat, please make sure I eat the whole snack. If I can't, please call my parents.
- **All substitute teachers must be made aware of my health situation.**
- Blood sugar levels can affect my ability to concentrate and perform properly on tests. If I am about to take an important test, such as the CSAPS, I must test my blood sugar first. Note: I can also go "low" from concentrating for long periods of time.

I am a capable, healthy child in every other aspect and do not want to be treated differently because I have diabetes. Thank you for helping me stay healthy and safe in your classroom!