

Please copy and distribute to the Student with Diabetes.



for the Student with Diabetes

- Find out who is on the school health team**—the people who will be helping you with your diabetes care. Know how to contact them if you need help.
- Participate in the school health team meetings** to talk about your diabetes management plan and your health care and education plans.
- Always wear a medical alert ID.**
- Always carry a quick-acting source of glucose** as recommended by your health care team.
- Tell your teachers and other school staff members if you feel symptoms of low or high blood glucose**, especially if you need help.
- Work with the school health team members if you need help** monitoring your blood glucose, getting insulin, or eating the right amount of food, at the right time, during the school day.
- Take charge of your diabetes care at school, as allowed in your health care and education plans.** You may be responsible for these diabetes care tasks:
 - Checking and writing down blood glucose levels.
 - Figuring out the correct insulin dose you need.
 - Giving yourself insulin.
 - Discarding your syringes and lancets in a proper container or taking them home with you according to your written care plans.
 - Throwing away needles, lancets, and other supplies you have used in a safe place.
 - Eating meals and snacks as planned.
 - Figuring out the carbohydrate (carb) content of food.
 - Treating low blood glucose with a quick-acting glucose product.
 - Carrying diabetes equipment and supplies with you at all times.

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Actions for the Student with Diabetes *Continued*

Things You Need To Know:

1. **What** your health care and education plans say about the help you will receive to manage your diabetes, which people at school will help you, and what is expected of you.
2. **Who** to contact and what to do when your blood glucose is too low or too high or you are not feeling well.
3. **When** you should monitor your blood glucose levels, give yourself insulin, have a snack, eat a meal, and who to ask for help.
4. **Where** your daily and emergency diabetes supplies are stored if you don't carry them and who to contact when you need to use the supplies or when you need help.