

## What to know and when to get help

It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



### To stay well:

#### **AVOID:**

- Processed grains
- High sugar desserts
- Fruit punch or sugary juices
- Sweet tea
- Regular sodas
- Solid fats

#### **EAT:**

- Non-starchy fresh vegetables
- Small servings of fresh fruit without added sugar
- Whole grains
- Dried beans
- Baked or grilled fish 2-3 times per week
- Lean meats (meats that end in "loin"; remove skin from chicken and turkey)
- Non-fat dairy
- Use liquid oils for cooking

**ACTIVITY & EXERCISE:** Incorporate exercise into your life but always approve new exercise programs with your doctor

#### **STAYING HEALTHY:**

- Keep all doctor's appointments even if you feel fine
- Get sleep
- If you feel anxious, depressed or nervous, talk to your doctor

#### **EVERYDAY ACTIONS:**

- Take your medications as directed by your doctor
- Keep a daily log of your blood sugars
- If you do not understand how to use your meter correctly, call your doctor
- Keep a source of sugar with you at all times in case of a drop in glucose

**MEDICATION:** If you have any questions about taking your insulin, contact your doctor



## Contact your doctor if:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Your blood sugar is below 70mg/dL and/or you have symptoms of low blood sugar that are not helped by eating sugar
- Symptoms of low blood sugar can include being sweaty, shaky, dizzy, anxious, nervous, upset, fast heart rate, headache, blurry vision, feeling weak, tired, hungry, trouble thinking, confused or irritable
- You have symptoms of high blood sugar that are not helped by taking your diabetes medicine
- Symptoms of high blood sugar can include being very thirsty, frequent urination, sleepy, weakness, blurry vision, sugar in your urine
- Your blood sugar level has been above your goal for 3 days and you don't know why
- Vomiting or diarrhea more than one time
- Upper respiratory infection
- Fever
- Open wounds or redness, swelling and warmth of skin



## Go to the ER or dial 911 if:

- Your blood sugar stays under 70mg/dL after eating sugar and waiting 15 minutes two-three times within an hour
- You experience fainting or passing out
- You have a seizure
- See ketones in your urine when testing
- Your blood sugar rises over 400mg/dL

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.

*Eating sugar can include taking 3 to 4 glucose tablets, drinking juice, soda or milk, eating 5 to 6 pieces of hard candy, eating peanut butter*