

be prepared!

FOLLOW THESE CRITICAL STEPS TO KEEP YOUR CHILD'S DIABETES IN CONTROL WHEN THEY DON'T FEEL WELL

- 1.** Check blood glucose (BG) every 4 hours around the clock until they are well.
- 2.** Give BG correction (sliding scale) every 4 hours **even if your child is not eating.** Use novolog, humalog, or apidra.
- 3.** Test every urine for ketones or test blood ketones every 4 hours.
- 4.** Offer fluids every 15 minutes while awake. If BG under 200, offer liquids with carbs. If BG over 200, offer sugar-free fluids.
- 5.** Call 615-322-7842 for any ONE of these reasons: 1) Persistent vomiting (more than 3 times) with moderate to large urine ketones (or blood ketones greater than 1.5 mmol/l); 2) altered behavior; or 3) persistent rapid breathing.
- 6.** When you call, be prepared to provide: 1) the past 48 hours of blood sugars; 2) ketone levels; and 3) any other symptoms your child may be experiencing.

Extra directions for pump users

- 1.** If blood sugar over 240 and moderate or large ketones, give a correction for elevated blood sugar with a syringe and change site.
- 2. Always continue the basal rate!**

Extra directions for shot takers

- 1. Always give the basal insulin** (lantus, NPH, or levemir)!

FLU SEASON *is here!*

You can help your child with diabetes stay well by getting the flu shot, washing hands, and following the steps on the back of this card. These steps can help when your child has fever, vomiting, or anything that disrupts their normal routine.

Please call us with any questions. We can be reached 24hrs a day at 615-322-7842.

Working with your pediatrician and your diabetes provider can help you make it through the winter season!

