



SICK DAY MANAGEMENT

for Children with Type 1 Diabetes

Being sick with a cold or other illness can affect blood glucose levels. **BEFORE** your child gets sick, make sure to work with your child's healthcare team to create a written sick day plan to have readily available when they do become ill.



WHY DO BLOOD GLUCOSE VALUES GO UP WHEN SOMEONE WITH TYPE 1 DIABETES IS SICK?

Sickness cause stress to the body. This causes stress hormones to be released to help fight the illness. These hormones can also raise glucose levels. This stress causes the body to be less sensitive to insulin, so more is needed to have the same effect as when your child is well.

WHAT SHOULD I ALWAYS KEEP ON HAND IN CASE MY CHILD GETS SICK?

- Glucose testing kit and strips (more than you think you will need) or CGM sensors.
- Ketone testing supplies, either urine or special test strips for fingerstick testing with specific meter (even if you feel you never get sick) because

the level of ketones lets you and your care team know how severely your child's diabetes is being affected by the illness.

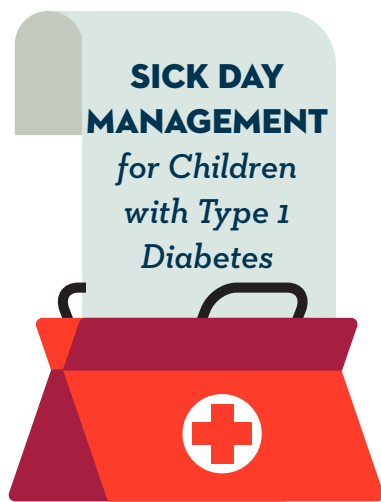
- Plenty of water (or sugar free beverages).
- Plenty of your child's prescribed insulin.

MOST IMPORTANT ITEMS TO KNOW WHEN YOUR CHILD IS SICK

- Always check ketones with any illness. If blood glucose levels are low, still check 2 times per day. Check more often if blood glucose levels are high: More than 240 mg/dl fasting or more

than 300 mg/dL for two tests in a row during the day and greater than 1 hour apart.

- Call your healthcare provider if urine ketones are moderate/large or blood ketones are above 1.0 mmol/L.
- **NEVER SKIP INSULIN.** Even if your child is vomiting, he/she will need background insulin: Lantus, Levemir, Tresiba or Toujeo injections or basal insulin in an insulin pump.



- If your child is vomiting, call your healthcare provider. Your provider may prescribe a medication to reduce the vomiting.
- If breathing is labored or your child is having difficulty breathing, **GO TO THE EMERGENCY ROOM.**

SICK DAY FLUIDS :

- Have your child continue to drink fluids throughout the day which will help prevent dehydration and a more serious condition called DKA (diabetic ketoacidosis).
- Generally 1/2 cup of liquids every hour: tea, broth or water are all good options.
- If your child is unable to eat a normal meal - make sure the fluid also contains some carbohydrates: 15 grams per hour is a good basic rule.

■ **IT IS ALSO IMPORTANT TO EAT SOME CARBOHYDRATES EVEN WHEN YOU ARE SICK.**

In addition to carbohydrates in beverages, some good sick day foods may be saltines, toast, applesauce, baked potato, graham crackers, or a banana.

INSULIN ADJUSTMENTS

- Call your child's healthcare provider for insulin dosing during illness. Generally, there are increased insulin needs. However, if vomiting occurs, and your child does not feel like eating, you may be instructed to lower the insulin dose. The degree of adjustment is unique for each child AND each illness.
- Sick days are not fun for anyone and can make managing diabetes a real challenge. Call your healthcare provider if you have any questions regarding managing glucose values or ketones during illness. They want your child up and about as quickly as possible!

