SICK DAY TOOLKIT

1. MAKE A T1D SICK DAY BASKET
   -Activated Charcoal
   -Thermometer
   -Keto Sticks
   -Test Strips & Alcohol Swabs
   -BG Meter
   -Honey / Maple Syrup
   -Glucose Tablets/ Gel
   -Notepad & Pen (track of ketone levels)
   -This List!
   -Glucagon Kit

2. HAVE ON HAND (IN REFRIGERATOR OR FREEZER)
   -Bone Broth (frozen broth cubes are great too)
   -Popsicles (sugar free & regular)
   -Electrolyte Drink

GET HIGH
-Drink Juice vs. Eating
-Take Activated Charcoal
(to help keep things down)
-Let Sugar Dissolve in Mouth
(or rub on inside of cheeks)

GET LOW
-Adjust Basal
-Hot Shower
-Hydrate

WHEN TO GET HELP
- A Fever for 2-3 Days
- Vomiting or Diarrhea 6+ hours
- BG Above 250mg/dL for 24+hrs
- Moderate or Large Ketones
- If I Have Symptoms of DKA
- If I Feel Like I Can’t Take Care of Myself

SYMPTOMS OF DKA
- Blurred Vision
- Deep Breathing
- Confusion
- Fatigue
- Nausea/Vomiting
- Abdominal Pain
- Ketones

AVOID DKA
-Hydrate
-Check Ketones
-Electrolytes
-Address High BG
-Try to Keep Basal Running