



## Type 1 Diabetes Quick Reference: School Support Staff

School Diabetes Contact #1 : \_\_\_\_\_ Ext. \_\_\_\_\_

School Diabetes Contact #2 : \_\_\_\_\_ Ext. \_\_\_\_\_

### What is type 1 diabetes?

In type 1 diabetes, the body makes little or no insulin due to an overactive immune system. So people with type 1 diabetes must take insulin every day. Insulin can be delivered through a pump or through injections. Kids with type 1 need to carefully balance insulin with activity and eating. Both effect how much insulin is needed. Blood sugar must be continually monitored with a Continuous Glucose Monitor (CGM) or manually checking with a meter. Type 1 requires continual monitoring and adjusting, all day, every day. There is no way to prevent type 1 and there is no cure.

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**Bottom line**...kids with type 1 can safely eat or do anything their peers can do. Just make sure that you understand what to do for highs and lows and who to contact in an emergency. Understand that they may need more frequent water and bathroom breaks and will need to take a minute to check their blood sugar. Don't treat the child any differently. Just watch for signs of HIGH or LOW blood sugar.

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**When experiencing a HIGH or LOW , ALWAYS send the student with diabetes with an adult to be treated. Never leave him/her alone.**

## If my student has a HIGH Blood Sugar

### Signs of a HIGH Blood Sugar are...

- Thirsty
- Frequent Urination
- Blurry Vision
- Hungry
- Sleep

### Treating a HIGH

Depending on the age of your student, he or she will understand how to treat their own high according to their doctor's instructions. Insulin or sometimes activity is used to lower blood sugar. Contact your school staff person responsible for diabetes care to follow up with the student.

## If my student has a LOW Blood Sugar

### Signs of a LOW Blood Sugar are...

- Shaky
- Headache
- Hungry
- Nervous/Upset
- Weak/Tired
- Dizzy
- Sweaty
- Sudden behavior change

### Treating a LOW

Depending on the individual management plan, the student may have a snack, some juice or take a few glucose tabs. If your student has a LOW, contact the staff person responsible for diabetes care.



### In case of EMERGENCY

Severe lows or hypoglycemia can be very dangerous. Action must be taken quickly. If the child is unconscious, call EMS. Then call the staff person responsible for diabetes care.