

## Sick day rules!

Illness (e.g. common colds, sore throats etc.) can increase your blood sugar levels. Your blood sugars may rise even if you are not eating. It is important to try and keep your blood sugars within the normal range when sick.

### Follow the steps below during illness:

- Do not stop taking your insulin or medication during illness even if you are unable to eat.
- Test your blood sugars more frequently than normal (e.g every 2-3 hours).
- If you have vomiting or diarrhoea or high temperature- consult your doctor.
- Prevent dehydration by drinking more fluids throughout the day.
- If you are unable to take solid food, take carbohydrate containing liquids instead e.g. Coca Cola, Lucozade, 7up or fruit juice. If your blood sugars are very high, take sugar free fluids e.g. water or diet fizzy drinks.

It is recommended that people with type 2 diabetes receive the annual flu vaccine. Discuss this with your GP or diabetes doctor.