



# Goals of Diabetes



## Illness

**When you're ill, it's important to never stop taking insulin. Check your blood glucose levels frequently and check for ketones.**

**It's important to know how to adjust insulin in case of a fever and how to handle episodes of nausea and vomiting.**

**If you're feeling ill, you should contact your diabetes team for assistance, and it's always good to have their contact numbers readily available.**

