

Illness

When you are ill, it's important to never stop taking insulin. When I'm feeling ill, I need to tell an adult and I need to monitor my blood glucose levels regularly.



I also need to check for ketones, even if my glucose levels are in range. If I find that I've got ketones when I'm ill, I need to tell an adult.

I'm learning how to calculate extra insulin doses when I'm ill, with help from my parents. I also need to eat and drink even if I don't feel like it.