



# Goals of Diabetes

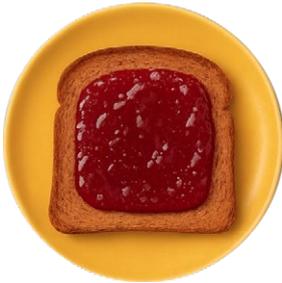


## Illness

**If I feel ill then I need to tell an adult so that they can help me.**

**I will need to follow special ‘Sick Day Rules’ to help manage diabetes when I am ill.**

**I also need to check for ketones, even if my glucose levels are in range.**



**I also need to eat and drink, even if I don't feel like it.**

**I also need to check for ketones, even if my glucose levels are in range.**

**If my ketone levels are 0.6mmol/L or above, then me or my parents need to take action.**

