

Easy Read Diabetes

Sick Days

This is general information. Talk to your doctor for information made for you.

QCIDD. (2023). *Health Resources - Easy Read Diabetes*. Available from <https://www.qcidd.com.au/home/health-resources>.

Sick Days



Some days you will be sick.

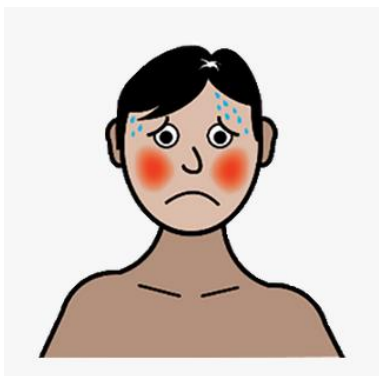
Like you have a



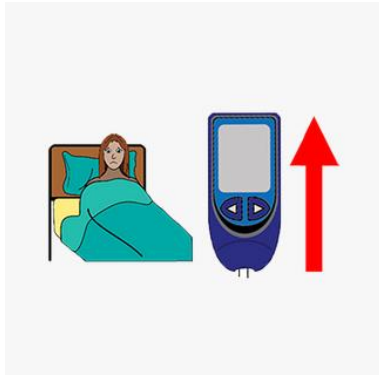
- cold



- cough

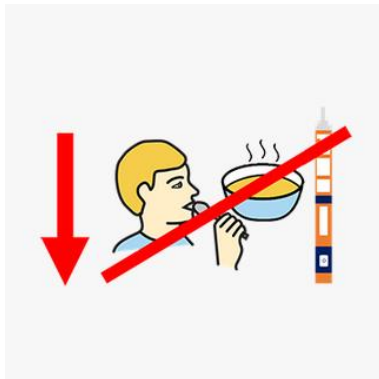


- fever. You feel very hot.



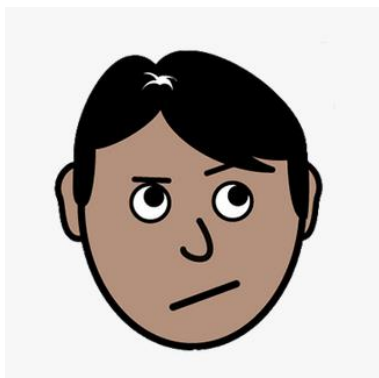
When you are sick

Your blood sugar may go up.



You may eat less food.

You may take less insulin.



You need to think about your diabetes.



Make a plan for sick days.

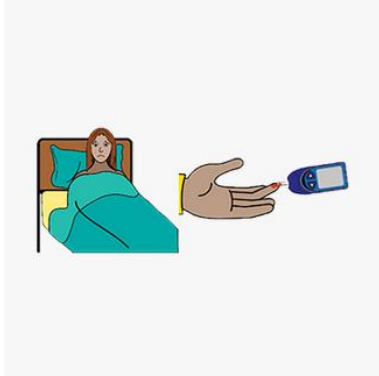
Talk to

- your doctor

Or

- your health worker

When to follow your sick day plan



Your plan tells you how to look after your diabetes.

It is only for days you are sick.



Use your plan. It will tell you what to do when



You feel sick

or



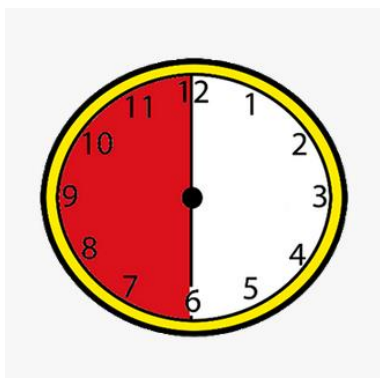
Your blood sugar is too high. Like

- 15

or

- More than 15.

or



It is high for

- 6 hours

or

- more than 6 hours

or



Your ketones are too high.

Like more than 0.6.

When to go to hospital



Go to hospital when

You are vomiting all the time. You drink water. You still vomit.

or



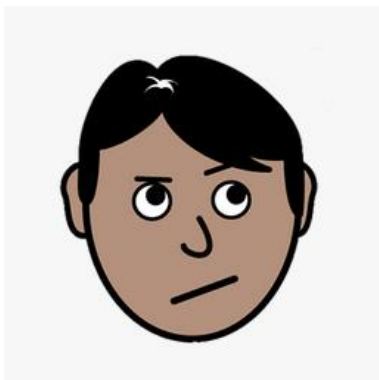
You have lots of runny poos.

or



Your breath smells like fruit.

Go to hospital when



You feel confused.



or

Your blood sugar goes up. It stays high.



or

Your blood sugar goes down. It does not stop.



or

Your ketones are **more than 1.5**.



You need an ambulance when



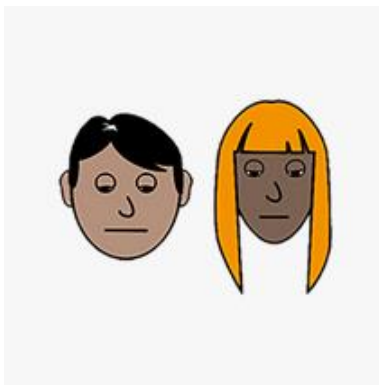
You can **not** follow your sick day plan.

or



You are still sick. You do **not** get better.

or



You are very tired. Your support people are very tired.

You can not look after your diabetes.

or

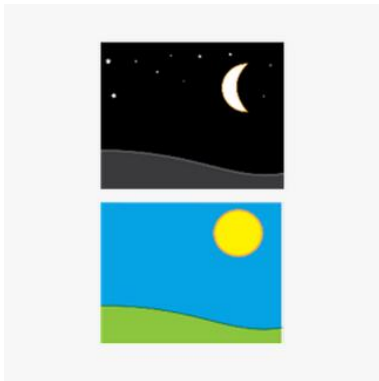


Your ketones are **more than 3**.

What are ketones?



Ketones are in your blood. They can make you very sick.



Ketones happen over the day.



You may get them when

- you are sick

or



- You do not take the insulin you need.



You can check your ketones.

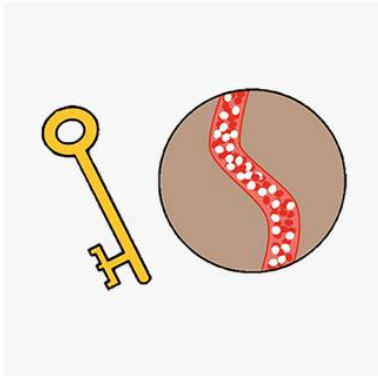
Use your blood sugar meter.

or



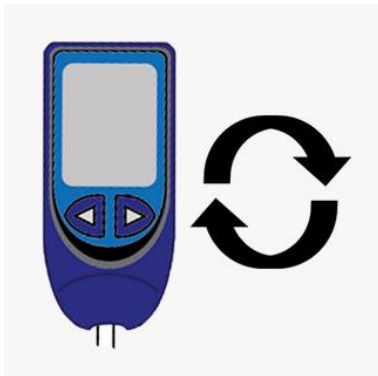
You can use pee strips.

How do ketones happen?



Insulin is the key.

It unlocks the energy in your blood sugars.



But

Sometimes you may not have enough insulin to unlock the energy.

Your blood sugars go high.

But it can also be in range or low.

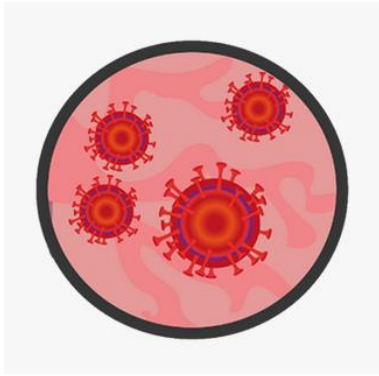


You feel very tired.

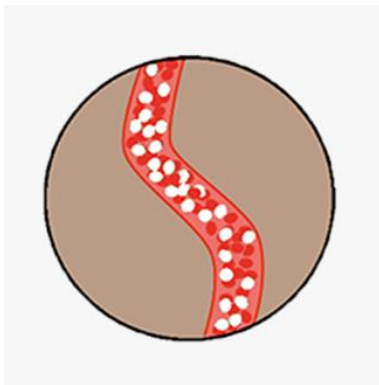


Your body can not get energy from your blood sugar.

It tries to get it somewhere else.



It tries to get it from your fats.
This makes ketones.



The ketones get in your blood.



This can make you very sick.



But
You can treat ketones.

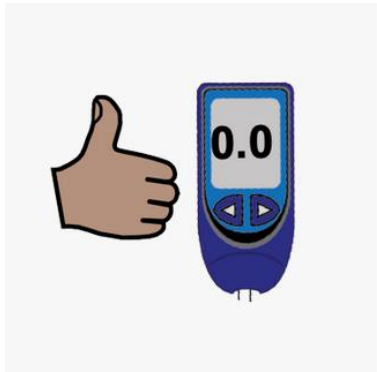


Follow your sick day plan.



It will help you stay well.

What to do when you have ketones

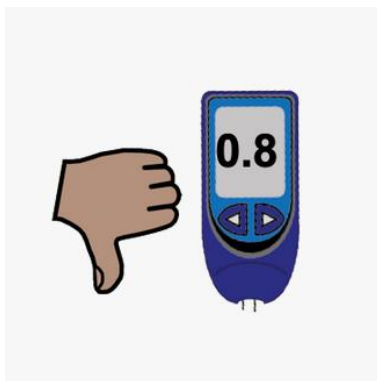


The ketone test will tell you a number.

0.0 means you do not have ketones.

It is okay to have a small number.

Like 0.5.



You have

0.6

or

more. Like 0.8



You have ketones.

You must follow you sick day plan **now**.

Do not wait.

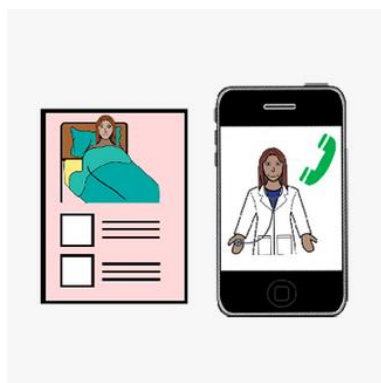


You have 1.5

or

more than 1.5. Like 1.7.

You have high ketones.



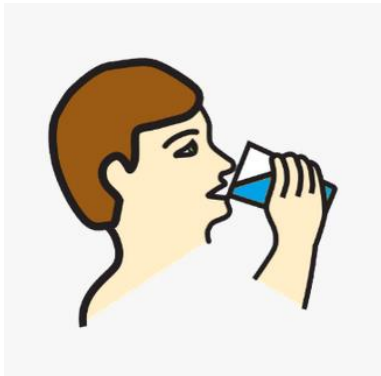
Call your diabetes team.
You must follow your sick day plan **now**.
Do **not** wait.



You have 3.0
or
more than 3.0.

Call the ambulance. Do not wait.

You have ketones. How do you feel?



You want to drink all the time.



You pee a lot.



You may vomit.

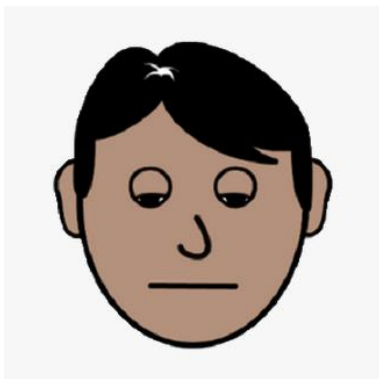


You think you

- can not breath



- you may feel hot in the face



- feel very weak and tired

You think you



- have runny poo
- have bad tummy pain

or



- your breath smells like fruit

You have ketones. What do you do?



Follow your sick day plan.

Do **not** wait.



You need an ambulance when



- you can **not** follow your sick day plan



- you do not feel better
- you and your support people are very tired. You can not look after your diabetes.

