

# Sick Day Checklist

- Prepare a plan for sick days in advance with your doctor or diabetes educator
- Keep extra blood testing and ketones testing equipment at home (glucometer, test strip, lancet, CGM)
- Keep extra medications and insulin administration equipment on hand (oral, insulin (only good when refrigerated and opened for 28 days) (syringes, pen needle, pump accessories)
- Monitor your blood sugar and ketones more often and track results
- Continue to take diabetes medications according to your normal schedule
- Keep sugary drinks, non-sugary drinks and glucotabs on hand
- Keep broth and other foods and liquids that don't require refrigeration in your pantry
- Keep a thermometer, doctor's number, pharmacist number, emergency room number and employer number handy

