Do you have Diabetes?

You have a lot on your mind right now. Don’t forget your health!

Even now you can help keep your diabetes under control.

Take Action!

- Keep taking your diabetes medicine
- Check your feet every day
  - Check for cuts or red spots
  - Check for blisters
  - Check for swelling
- Check your sugar levels 3 or 4 times a day
- **If your sugar is getting low...**
  - Do **ONE** of these:
    - Take 2 to 3 blood sugar tablets
    - OR-
    - Drink ½ cup of fruit juice or soda pop
    - OR-
    - Eat 3 to 5 pieces of hard candy
- Try to eat healthy foods
  - Try to eat foods like fruits, beans and vegetables
  - Try **NOT** to eat too much salt or sugar or fat
  - Try **NOT** to drink alcohol

Ask to see a doctor or nurse to help you with your Diabetes.