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.