

MANAGING DIABETES SAFELY During Sick Days

Having a sick day plan before illness sets in will help make it *easier to manage* your diabetes when you're not feeling well.



Keep track of your blood glucose (blood sugar)



Continue to take your diabetes medicines as directed



Drink 6-8 ounces of sugar-free liquid every hour while awake



Follow your meal plan as much as possible



Keep contact information for members of your diabetes care team nearby



**Don't
forget!**

Have *fast-acting carbs* handy for low-glucose moments (usually less than 70 mg/dl)

Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) for more sick day tips

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.
© 2021 Novo Nordisk

US21PAT00121 October 2021

[Cornerstones4Care.com](https://www.cornerstones4care.com)