Please copy and distribute to Students with Diabetes who are able to take responsibility for their self-management.

## **ACTIONS** for the Student with Diabetes



- Participate in the school meeting to discuss your Diabetes Medical Management Plan, 504 Plan, IEP, or other education plan, as appropriate.
- ☐ Always wear a medical alert ID and carry a fast-acting source of glucose.
- **☐** Tell teachers and other school staff members if you feel symptoms of low or high blood glucose, especially if you need help.
- **☐** Work with school staff members if you need help checking your blood glucose, getting insulin, or eating the right amount of food at the right time during the school day.
- ☐ Take charge of your diabetes care at school if your written school plans allow you to. This may include:
  - checking and writing down blood glucose levels
  - figuring out the right insulin doses
  - giving yourself insulin
  - throwing away needles, lancets, and other supplies you have used in the right place
  - eating meals and snacks as planned
  - treating low blood sugar
  - carrying diabetes equipment and supplies with you at all times

## Things You Need to Know:

- **1.** What your written school plans say to help you manage your diabetes, which person at school will help you, and what is expected of you.
- **2.** Who to contact and what to do when you are having a low blood sugar reaction.
- **3.** When you should check your blood glucose levels, give yourself insulin, have a snack, and eat lunch.
- **4.** Where your diabetes supplies are stored, if you don't carry them, and who to contact when you need to use them.