

## Sick day management for people with type two diabetes.

When you are sick you may notice that your blood glucose levels change. This can be because your appetite changes, but also because infections, trauma, stress and other illnesses can cause your blood glucose levels to go up or down.

It can be difficult to manage your diabetes on your own so let a whānau member, friend or neighbour know when you are unwell.



### Drink:

If you are vomiting and not eating or drinking enough, you can quickly become dehydrated. Sip at least one glass of sugar free drink every hour. (Water, sugar free soft drink, tomato juice, tea, weak coffee)



### Food:

If you are unable to eat your usual meals, something small and full of energy each hour can help. Some examples are orange juice, milk, soup and toast, fruit yoghurt, 4 – 6 water crackers, 1 small banana



### Testing:

Check your blood glucose levels often – every 2 or 4 hours if you are really sick. More often if needed.



### Medicine:

If you are feeling a little unwell, its really important that you take the medicines the doctor has prescribed for you.

*BUT: If you have any diarrhoea or tummy upset  
Stop the metformin tablet if you take this.*



*Start taking metformin again once you are well.*

If you are really sick and if your glucose levels are higher than normal – contact your nurse for more information. You may need to change the medicine you take.

If your glucose levels are lower than normal – you may need less of your insulin or tablets that you take.



**Hypo** – if your blood glucose is too low or under 4 mmols.

If your blood glucose levels are under 4 mmols – you need to treat this ‘hypo’ with a good dose of sugary drink or food – ½ a glass of regular fizzy or orange juice, 8 jelly beans, glucose tablets or similar. Test your blood glucose levels again in 15 minutes, if you are still under 4 mmols, treat again with sugar, but if you have blood glucose above 4 – have something to eat

**Phone** your doctor or nurse if you:



Cannot keep your blood glucose above 4 mmols  
Are too sick and have no support person  
Are passing lots of urine or have abdominal pain  
Have nausea, vomiting or diarrhoea for more than 12 hours  
Feel drowsy, weak or confused  
Have chest pain  
Have difficulty breathing.

If you believe you may have Covid 19, the symptoms are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath



These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Shortness of breath is a sign of possible pneumonia and requires immediate medical attention.

We don't yet know how long symptoms take to show after a person has been infected, but current World Health Organization assessments suggest that it is 2–10 days.

If you have these symptoms and have recently been overseas, or have been in close contact with someone confirmed with COVID-19, please telephone Healthline (for free)

on [0800 358 5453](tel:08003585453) or your doctor immediately.