

What to do when I am sick*?

*Feeling unwell, e.g., fever, cough, runny nose, vomiting and diarrhoea



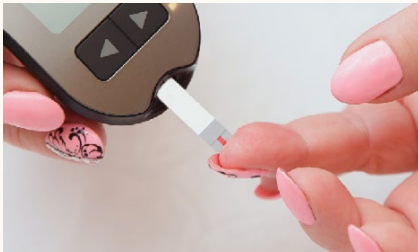
See your **doctor**



Discuss with your healthcare team if **dose adjustments** need to be made



Get plenty of **rest**



Check your blood sugar level more often



Drink plenty of **water**



Have small, frequent meals or fluids (e.g., soups, diluted juices or sweetened drinks)