

How can I manage my diabetes while abroad?



Drink plenty of **water**



Watch your **food** and **calorie intake**



Hand carry **sugar-containing sweets**



Always wear **protective shoes**



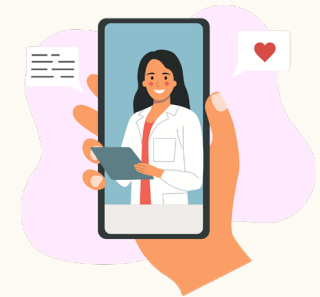
Hand carry **medication** or **insulin items**



Take **medication** as prescribed



Self-monitor your **blood sugar level** regularly



Know where to **seek help**