

Know what to do when you fall sick



- Seek medical attention immediately if you cannot eat/ drink/ take your medication or insulin, or if you are feeling increasingly drowsy or confused.
- Keep eating or drinking. If you have difficulty taking normal meals, take snacks or drinks in small frequent portions throughout the day.
- If you are experiencing low glucose levels (below 4 mmol/L or your target range), follow [the 15-15 rule](#): take 15g of fast-acting sugars, re-check in 15 minutes and repeat if still low.