

Know what to do when you fall sick



- If your blood sugar level readings are over 16 mmol/L more than two times in a row, it is a sign that you should seek medical attention fast for further investigation (e.g., checking ketone levels in the blood) unless you have been otherwise advised by the main doctor looking after your diabetes. High ketones could mean DKA which is a medical emergency.
- Be sure to speak to your healthcare team to learn what you should do. A plan would include: when to seek medical attention, how often to check your blood sugar level, what foods and fluids to take during your illness, how to adjust your insulin or oral medication if you need to, if and when you need to check for ketones.