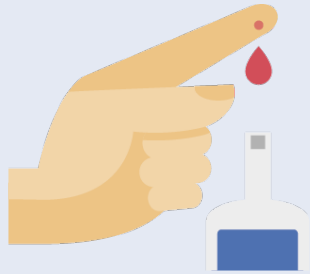


# If you experience **HYPERglycaemia** symptoms or your blood sugar level is high (> 16 mmol/L)

1



**Check your blood sugar level**  
more often

2



Drink plenty of **plain water**

3



**Seek medical advice** if  
symptomatic, or if blood sugar  
level remains persistently high  
**> 16 mmol/L**