



ACTIONS for the Student with Diabetes

- Participate in the school meeting to discuss your Diabetes Medical Management Plan, 504 Plan, IEP, or other education plan, as appropriate.
- Always wear a medical alert ID and carry a fast-acting source of glucose.
- Tell teachers and other school staff members if you feel symptoms of low or high blood glucose, especially if you need help.
- Work with school staff members if you need help checking your blood glucose, getting insulin, or eating the right amount of food at the right time during the school day.
- Take charge of your diabetes care at school if your written school plans allow you to. This may include:
 - Checking and writing down blood glucose levels
 - Figuring out the right insulin doses
 - Giving yourself insulin
 - Throwing away needles, lancets, and other supplies you have used in the right place
 - Eating meals and snacks as planned
 - Treating low blood sugar
 - Carrying diabetes equipment and supplies with you at all times

Things You Need to Know:

1. What your written school plans say to help you manage your diabetes, which person at school will help you, and what is expected of you.
2. Who to contact and what to do when you are having a low blood sugar reaction.
3. When you should check your blood glucose levels, give yourself insulin, have a snack, and eat lunch.
4. Where your diabetes supplies are stored, if you don't carry them, and who to contact when you need to use them.