Diabetes Info for Roommates

- I need for you and others around me to know I have type 1 diabetes. (I don’t have type 2 diabetes or gestational diabetes...those are really different.) I treat my diabetes with insulin, paying attention to carbs in food, and checking my blood sugar.

- When a person eats, food is broken down into different things, including glucose. Glucose is a sugar. The body can’t function without glucose.

- The body needs insulin in order to use glucose. My pancreas doesn't produce insulin (which is why my type of diabetes is different from the others), so I have to take an insulin shot with each meal.

- My blood sugars will rise and fall. If they are high, I may not seem different. Sometimes I have a low blood sugar or “hypoglycemia.”

- I usually know when my sugar is getting low, but sometimes I don’t. I need you to be aware of the signs of low blood sugar.

  If any of these symptoms occur, please help by giving me a sweetened soda or orange juice to drink or something from my "low blood sugar food stash."

  **GIMME SUGAR**
  - Moodiness
  - Irritability
  - Shakiness
  - Glassy stare
  - Pale skin
  - Cold Sweats
  - Appear “drunk”
  - Confusion
  - Sleepy
  - Withdrawn

  **CALL 911**
  - Can’t wake up
  - Seizures

  **Awesome!**
• If I resist, please be firm and make sure I eat something with sugar.

• I should seem better in 10-15 minutes, otherwise try giving me more food and call one of my medical contacts (parents, doctor).

• My low blood sugar food stash needs to be kept separate from the food we can share. These foods should only be used for low blood sugar.

• If you ever find me unconscious anytime (including after drinking) or if I am sleeping longer than usual and you cannot awake me…call 911.

If you can’t wake me up call 911