



# SICK DAY HERO

Feeling poorly can happen to anyone. But with the right plan and super support, we can get through it together!

## A CAPTAIN LANTUS GUIDE TO BEING UNWELL

We've got this, Hero!



- IN THIS GUIDE:**
- ✓ What to do
  - 🛡️ How to stay safe
  - ☎️ When to get help
  - 💜 Tips to feel better

STAY SAFE  
STAY STRONG  
YOU'VE GOT THIS!

### BE BRAVE. BE PREPARED. BE A SICK DAY HERO!



CHECK



DRINK



INSULIN



SUPPLIES



GET HELP



YOU ARE A HERO!



# ★ EVERYONE GETS ILL SOMETIMES ★

It's normal to feel poorly.  
Lots of things can make our bodies feel yucky.  
You're not alone, Hero! ❤️

## COLD



Runny nose, sneezing, sore throat

## FEVER



Feeling hot, shivery or tired

## COUGH



A cough that won't go, sore chest

## TUMMY BUG



Feeling sick, tummy ache, diarrhoea



Being ill is **normal**.  
Heroes get poorly too.



**TOP TIP:** Rest, drink fluids, take your medicine if you need to and follow your sick day plan.  
You will feel better!



# ★ WHAT HAPPENS TO BLOOD SUGAR WHEN WE ARE ILL? ★

When we are poorly, our body releases stress hormones. These can make blood sugar **rise**, even if we haven't eaten much.

Being poorly can sometimes make blood sugar **rise**.



STRESS HORMONES ALERT!

BODY POWER STATION

LIVER RELEASES SUGAR

BLOOD SUGAR RISES

BLOOD SUGAR LEVEL



RISING!

INSULIN TOWER



## ★ BUT DON'T WORRY! ★

We have a plan! Checking often, taking insulin and drinking fluids can help bring blood sugar **back down**.



### THINGS THAT CAN MAKE BLOOD SUGAR RISE WHEN YOU ARE ILL:



Fighting an infection



Fever



Stress and worry



Eating less than usual



Dehydration (not enough fluids)



Your liver releasing sugar



**Remember:** It's not your fault. Your body is just working hard to get better!





# KEEP CHECKING

Checking often helps us know what our blood sugar is doing so we can make good choices.

## OUR CHECKING SUPER HERO CHECKLIST



### CHECK REGULARLY

Check your blood sugar as often as your plan says.



### FOLLOW ADVICE

Follow your sick day plan and any advice from your diabetes team.



### TELL AN ADULT

Always let an adult know if you don't feel well or if you're not sure what to do.



Checking gives us superpowers!

## REMEMBER:



Check often throughout the day.



Don't forget to check at night.



Write down or log your results.



Knowledge is power!



**YOU'VE GOT THIS!** YOU ARE BEING BRAVE AND TAKING CARE OF YOU!





# DRINK PLENTY OF FLUIDS!

When we are poorly, our bodies can lose more fluid. Drinking helps keep our body working well and can help stop dehydration. ❤️

Sip little and often throughout the day! ❤️

## ★ GOOD FLUID CHOICES ★

### WATER



The best choice! Keeps you hydrated and helps your body work its best. ❤️

### SUGAR-FREE DRINKS



Great for hydration without raising blood sugar. Check the label! ❤️

### DRINKS CONTAINING CARBS



If your blood sugar is low or you can't eat, these can give your body energy. ❤️

**REMEMBER:**  
If you are vomiting or can't keep fluids down, ask an adult for help. ❤️

## TOP TIPS!



Keep a drink bottle close by.



Take small sips often.



Don't wait until you feel very thirsty.



Fluids are your friend when you're poorly!

★ DRINK WELL, STAY STRONG, YOU'VE GOT THIS, HERO! ★



# ★ KEEP TAKING INSULIN! ★

**INSULIN IS YOUR SUPERPOWER!**

HEROES NEVER  
GIVE UP!

Even when you are poorly, your body still needs insulin.

**NEVER STOP INSULIN**

unless your diabetes team tells you to.



## ★ WHY IS INSULIN SO IMPORTANT? ★

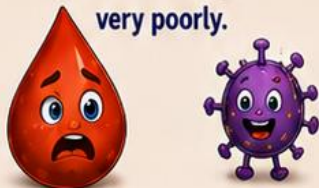
### IT OPENS THE DOORS

Insulin helps sugar from your food get into your cells to give you energy.



### WITHOUT INSULIN...

Sugar stays in your blood and ketones can build up. This can make you very poorly.



### INSULIN HELPS YOU...

Heal, rest and get better faster so you can return to your best!



## WHAT TO DO



Keep taking your insulin as usual.



Follow your sick day plan and check more often.



Drink fluids regularly.



Ask an adult or your diabetes team if you need help.



**REMEMBER: INSULIN KEEPS YOU STRONG!**

You've got this, Hero! ❤️



# ★ WHEN SHOULD WE ASK FOR HELP? ★

**ALWAYS TELL AN ADULT!**

Sometimes we need extra help when we are poorly. Here are signs that mean it's time to **get help fast.** ❤️

**Don't wait!  
Get help!**



**⚠️ GET HELP RIGHT AWAY IF ANY OF THESE HAPPEN:**

### VOMITING



If you keep vomiting or can't keep fluids down. ❤️

### VERY HIGH BLOOD SUGARS



If your blood sugar stays very high, even after correction. ❤️

### KETONES



If you have ketones (moderate or large) in your urine or blood. ❤️

### FEELING VERY UNWELL



If you feel very poorly, dizzy, confused or hard to wake. ❤️

### TROUBLE BREATHING



If you are breathing hard or having trouble breathing. ❤️

### ★ WHO CAN I CONTACT?



**Your diabetes team**  
Call them for advice.



**Your GP**  
They can help if you're unsure.



**NHS 111**  
Call for non-emergency advice.



**999 or A&E**  
For serious emergencies.



**You know your body best. If something doesn't feel right, TELL SOMEONE!** ❤️

### CALL 999 OR GO TO A&E IF:

- ✓ You are very drowsy or hard to wake.
- ✓ You are confused.
- ✓ You are breathing very fast or struggling.
- ✓ You have chest pain.
- ✓ You just feel that something is seriously wrong.



**EMERGENCIES DON'T WAIT!**

★ **IT'S OKAY TO ASK FOR HELP. YOU ARE STRONG. YOU ARE BRAVE. YOU ARE A HERO!** ★ ❤️



# ★ SICK DAY ★ MYTH vs FACT

Knowing the facts helps you be a true Sick Day Hero!



Let's separate fact from fiction so we can make the best choices! ❤️



## MYTH

## FACT



I should stop insulin when I'm unwell.



Most children still need insulin when they are poorly. **Never stop** unless your diabetes team tells you to.



I shouldn't drink when I'm ill.



Fluids are **very important!** Drinking helps prevent dehydration and keeps your body working.



High blood sugars will sort themselves out on their own.



High blood sugars can get worse when you're ill. **Keep checking** and follow your sick day plan.



It's just a cold, I don't need to check more.



Illness can affect blood sugars and ketones. **Check more often** to stay safe.



I can't eat anything when I'm unwell.



You still need **food** to give your body energy. Eat what you can keep down.



**Facts give you power.**  
**Knowledge keeps you safe.** ❤️

★ **BE SMART.**  
**BE SAFE.**  
**BE A HERO!**





# ★ BE A EVERY DAY HERO! ★

Every day you make great choices, you help your body win!



**SMALL CHOICES, BIG DIFFERENCE!**



## ★ YOUR DAILY MISSION ★

- Take insulin as told
- Drink plenty of fluids
- Eat healthy and balanced meals
- Check your sugar when needed
- Ask for help if you feel unwell
- Never give up – you are strong!

**You've got this, Hero!**



## ★ POWER UP YOUR DAY! ★

### MOVE YOUR BODY



Being active helps your body work better!



### EAT SMART



Good food gives you energy and keeps you strong!



### CHECK & CARE



Checking helps you stay safe and in control!



### REST & RECHARGE



Sleep helps your body heal and get stronger!



### BE KIND TO YOURSELF



You are amazing just the way you are!



### A MESSAGE FROM CAPTAIN LANTUS

Managing diabetes is a part of your life, but it does not define you. You can achieve anything you dream of! Stay brave, stay strong, and always believe in yourself!

**We are proud of you, Hero!**

**YOU ARE STRONGER THAN YOU THINK!**



★ **KEEP CHOOSING HEALTH. KEEP BEING A HERO!**

**SEE YOU NEXT TIME, HERO!**