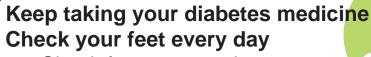
## Do you have Diabetes?

You have a lot on your mind right now. Don't forget your health!

Even now you can help keep your diabetes under control.

## **Take Action!**



- Check for cuts or red spots
- Check for blisters
- Check for swelling



Check your sugar levels 3 or 4 times a day

If your sugar is getting low...

Do **ONE** of these:

- Take 2 to 3 blood sugar tablets
- -OR-
- Drink ½ cup of fruit juice or soda pop
- -OR-
- Eat 3 to 5 pieces of hard candy



- Try to eat foods like fruits, beans and vegetables
- Try NOT to eat too much salt or sugar or fat
- Try NOT to drink alcohol



Ask to see a doctor or nurse to help you with your Diabetes.

