

# 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!



**Keep taking your diabetes medicine**  
**Check your feet every day**

- 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 healthy foods**

- 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.**