

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.