



When Your Diabetic Child is Sick

It can be a frightening experience for parents when their diabetic child is ill. It is essential to be aware of the potential complications that may arise.

When a diabetic child is sick, parents must **regularly check the child's blood glucose (sugar) levels**. High blood glucose levels can develop from increased hormones released in response to sickness or infection. Fighting infection also requires more energy, which can lead to higher glucose levels. If blood glucose levels rise too high, dehydration and other dangerous complications can occur.

To help keep blood glucose levels safe, **ensuring the child eats and drinks regularly are vital**. If the child is too sick to eat, sugar-free fluids such as water or natural juices can help keep their blood sugar safe.

For insulin-dependent children, **parents may also need to adjust the level of insulin administered**. It should be kept in mind that diabetes increases the risk of developing a more severe condition while the child is fighting off illness. To reduce this risk, **parents should make sure to inform the doctor about the child's diabetic condition and any changes in health or levels of glucose**. In more severe cases, medical advice may be necessary to monitor the child's health and manage diabetic symptoms.

To help prevent their child from becoming sick, parents should ensure their diabetic child is **living a healthy lifestyle**. This includes regular physical activity, a balanced diet, and getting the proper amount of rest. Additionally, attending all healthcare provider appointments and following the medical recommendations for blood glucose monitoring and prescribed insulin doses can help prevent complications from arising when a diabetic child is sick.

Parents need to be prepared for any complications that may arise when their diabetic child is feeling ill. **Monitoring blood glucose levels carefully, administering the appropriate medications, and attending all medical appointments are crucial to ensure the child's health and safety**.

For Additional Information about Diabetes, Visit:

<https://diabetes.org>

<https://www.cdc.gov/diabetes>

<https://www.mayoclinic.org/search/search-results?q=diabetes>

*This flyer is informational and not considered to be medical advice. Please consult your healthcare provider for information related specifically to your condition.