Planning for Sick Days—Colds, Flu, and Other Bugs

Sometimes, despite all the best precautions (hand washing, avoiding crowds, flu vaccinations, canceling play dates with sick children), a child can still become ill. A sick child can be a challenge, but when your child also has diabetes, there is another layer of care needed.

Stress on the body from being ill causes the release of hormones that can cause elevated glucose levels. On the other hand, feeling nauseated, being unable to eat, vomiting, or having diarrhea can result in low glucose levels.

During illness, glucose levels can quickly get out of control due to dehydration, fever, loss of fluids, and stress. Discuss a sick day plan with your child’s provider before your child becomes ill. Have it in writing and easily accessible. Understanding what to do ahead of time is very helpful.

Basic guidelines for caring for your ill child

• Check glucose levels frequently, at least every two to three hours. Your child should continue to take insulin to maintain normal metabolism and prevent DKA (Diabetic Ketoacidosis).
• Try to maintain your child’s carbohydrate intake. Offer your child small amounts more frequently, such as crackers or toast.
• Check your child’s urine for ketones if their blood glucose results are greater than 250.
• Read the labels of any over-the-counter medications before giving them to your child—they many cold and flu medications contain sugar. You may wish to check with your child’s healthcare provider before using them.
• Encourage fluids—especially water. Soups, milk, sugar-free popsicles, and juice are also good sources of fluids.

When to call your child’s healthcare provider

• Your child’s fever lasts more than two days, or if vomiting or diarrhea lasts longer than six hours
• Their glucose levels are very high or low
• Moderate to large amount of ketones are present in their urine
• Symptoms of Ketoacidosis are present, such as excessive thirst, trouble breathing, frequent urination, weakness, fruit-scented breath, or confusion

Be prepared to share your child’s recent glucose and ketones test results, all medications and dosages, as well as information about everything you’ve done or given for symptom management.

No matter what the season might bring—colds, stomach viruses, flu, or other illnesses—you’ll be prepared to meet the challenge. continued on reverse
Taking Care of Yourself—Time for the Caregiver

We so often focus on what needs to be done for others that caring for ourselves can simply fall off the schedule. When you add in family, work, everybody’s activities, meals, housework, the dog, homework, and various other responsibilities, life becomes a very challenging work of art.

Time out for adults is as essential as it is for kids and teens. It may call for creativity on your part to juggle schedules and daily routines. However, finding at least 15 minutes each day that you can call your own is not only rejuvenating, but essential for your health. So, grab that book, take a walk, or lock the bathroom door and soak in some bubbles. That is your time.

Breakfast Fruit Cup

Start your day with a smile and a yummy breakfast. Here’s a simple breakfast treat that’s high in vitamin C. Vitamin C can boost your immune system, which helps your body fight colds and flu.

Feel free to vary the fruit to match the season.

Ingredients

- 2 oranges, peeled and sliced into bite-sized pieces
- 1 banana, peeled and sliced
- 1 Tbsp golden raisins
- 1/2 cup low-fat plain yogurt
- 1/8 tsp cinnamon

Directions

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with a dash of cinnamon, if you like.

Nutrition Facts

Serving Size: 1/4 cup; number of servings: 4

Amount per serving: Calories 90, Calories from Fat 5; Total Fat 1g, Saturated Fat 0g, Trans Fat 0g; Cholesterol 0mg; Sodium 25mg; Total Carbohydrate 20g, Dietary Fiber 2g, Sugars 13g; Protein 3g; Vitamin A 4%; Vitamin C 70%; Calcium 8%; Iron 2%

Recipe and nutrition facts courtesy: www.fruitsandveggiesmatter.gov
Select “Recipes” from the home page, and then type “Breakfast Fruit Cup” in the recipe search field.
Sick Day Planning—Colds, Flu, and Other Bugs

Getting sick, whether it’s with a cold, the flu, or some other illness, can make your blood glucose higher due to the stress on your body. Managing your symptoms, checking your blood glucose more frequently, getting extra sleep, and drinking fluids are really important to feel better. So when you’re not feeling well, stop, listen to your body, and take care of yourself. It’s important to check your glucose frequently when you’re not feeling well, even if it’s the last thing you feel like doing.

Try the 15:15 Rule if your glucose tests low

Eat 15 grams of carbohydrates.
Retest your glucose after 15 minutes. If it’s still low, repeat the 15:15 Rule.

The following foods have 15 grams of carbs:
- ½ cup of real fruit juice or regular soda (like ginger ale)
- 6–7 lifesavers or hard candies
- 1 tablespoon of honey or syrup
- 1 tablespoon of sugar in a cup of your favorite tea

Ask Sheila

Question: I am 16 years old and I was first diagnosed with diabetes when I was 9. Can you tell me the top things I should know to help me take better care of myself? I want to prove I can take good care of myself in the next year so my mom won’t follow me to college!

Answer:
- Learn everything you can about the foods you like to eat and how those foods affect your blood sugar. A place to start is by reading and understanding food labels. This link goes to a guide on how to read a label: http://www.fda.gov/downloads/Food/ResourcesForYou/Consumers/NFLPM/UCM193083.pdf
- Know your personal insulin-to-carb ratio. Learn to count carbohydrates. If you don’t already have one, ask your diabetes team to help you make a healthy eating plan. A dietician can help you make an eating plan that works for you.
- Take the correct amount of insulin (as close as possible) based on two important factors:
- Blood glucose (BG) reading before you eat
- The number of carbs in the food you plan to eat
- Follow your diabetes team’s recommended times to check your glucose, and share your glucose records with your parents.
- Work at being physically active every day. If you are not using exercise/activity for glucose control, this is a really good idea! Reduce the time sitting in front of a computer or TV by choosing active games involving movement.
- Have an emergency plan for lows. Carry supplies and be ready to check BG and treat a low using a plan like the 15:15 rule.

By showing your family you can care for yourself and take responsibility, it will reassure them you will be alright with more freedom. It is not easy, but you can do it!

To learn more about healthy eating and lifestyle with Type 1 diabetes, the following websites can be helpful:

Sheila is an RN with more than 30 years of experience, who works for PacificSource Health Plans. She also has diabetes and likes to hear from you with questions about diabetes. Feel free to email her at yoursupport@pacificsource.com.

Nick Jonas

Singing looks easy, but it takes a lot of energy to entertain a crowd of people. Being part of the Jonas Brothers and going on tour is even harder.

Nick Jonas is a singer-songwriter, musician, and actor. He first felt sick in November 2005, when he was 16 years old and on a singing tour. His doctor said diabetes was the reason he wasn’t feeling well.

At the start, it was hard for Nick to manage his blood glucose. Then he learned that checking his blood glucose regularly could help him keep on top of his diabetes and feel good. Nick wanted to feel his best so he could keep touring.

Now, Nick has learned to manage his diabetes. He stays well and has lots of energy to do the things he loves—singing and touring. He and his new band, the Administration, made their first album in 2010. They went on tour in South America last year.
Start your day with a smile and a yummy breakfast!

Did you know?
If you’re not feeling well, let an adult know. When we get sick, we need to treat ourselves extra nice so we can heal and feel better. Testing your blood glucose, drinking fluids, and resting are some of the ways we can help our bodies to heal.

Breakfast Fruit Cup
This breakfast treat is high in vitamin C, which helps your body fight colds and flu.

You will need:
- 2 Oranges
- 1 Banana
- Raisins
- Yogurt
- Cinnamon

Directions
1. Peel and slice the oranges and banana.
2. Put the fruit in a bowl and add a spoonful of raisins. Mix the fruit together.
3. Spoon the fruit mix into 4 small bowls.
4. Put a big spoonful of yogurt on top of the fruit in each bowl, and then sprinkle it with a little cinnamon.

Try making a fruit cup with the fruits on your list.

Sick Days
If you’re not feeling well, let an adult know. When we get sick, we need to treat ourselves extra nice so we can heal and feel better. Testing your blood glucose, drinking fluids, and resting are some of the ways we can help our bodies to heal.

Did you know?
Laughter is very good for you and makes you feel good. It helps your body fight off colds and other sick bugs. Laughing relaxes you and helps your blood flow through your body. Laugh a lot—by yourself or with friends.