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| SCHOOL PICTURE CAN GO HERE SO IF AT A CAMP EVERYONE IS EVERYWHERE OF WHAT THIS CHILD LOOKS LIKE.  | **NAME****Type-1 Diabetes Medical Management Quick Reference** **DOB M/D/Y**Call any time with questions or concerns.**Moms Name (mom) phone number****Dads Name (dad) phone number****In case of emergency, call 911 first.** |
| **Check BG and Bolus** | **Before breakfast, snack, lunch, & dinner** |
| **OTHER TIMES TO DO FINGER POKES FOR BG** | **Before PE, an hr after PE & before bedtime, feeling low/ high (dizzy, confused, crabby, foggy brain)** |
| **CHANGE INSULIN POD & INSULIN** | (child’s name) can change his insulin pod independently incase it falls off. Otherwise it is changed every 3 days (filled with 125 units) |
| **SUPPLIES****Childs Name should wear his/her pump AT ALL TIMES and will have sport backpack with the following items** | **ALWAYS have glucose meter, finger poker, testing strips, water, and fast-acting sugar (juice, soda, candy, glucose tabs, etc.) in increments of ~15g of carbs on hand.** Do not use low-carb/sugar free items to treat a low. |
| **DO NOT LEAVE Childs Name ALONE WITH****LOW BLOOD SUGAR (<80).****TREAT WITH JUICE/ FOOD AND RECHECK AFTER 20 MINUTES.** | **(>200) HE/ SHE MUST TAKE A BREAK & DRINK WATER. CORRECT WITH INSULIN USING 1 UNIT OF INSULIN FOR EVER 70 OVER. RECHECK AFTER 2 HOURS. IF STILL ABOVE 200 AFTER 1 CORRECTION AND 2 HOURS CALL PARENTS.**  |
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| http://ganopedia.com/wp-content/uploads/2012/03/A23Hypoglycemia.jpg | http://www.fitnessxfactors.com/wp-content/uploads/2014/09/Hyperglycemia-and-Ketoacidosis.jpg |