

Sick-Day Quick Plan

Fill this in with your care team **before** you need it, at your next visit. Then put it on the fridge.

Golden rule: NEVER stop insulin, even if your child is not eating.

- Check blood sugar every _____ hours when unwell.
- Check ketones when: _____
- Extra insulin for highs or ketones: per my team's written instructions _____
- Fluids: small frequent sips. Sugary fluids if sugar is low, sugar-free if high.

Call the team now if: persistent vomiting · ketones _____ · sugar will not come down · drowsiness · tummy pain · fruity breath · fast breathing

Go straight to hospital if: _____

Team contact: _____

Nearest emergency department: _____

Nearest emergency phone: _____

Doses, thresholds and ketone cut-offs are individual to your child. This sheet is a place to write down what your team tells you. It does not contain any dose or formula, by design.