



# Caring for an unwell student

**Students with type 1 diabetes who are unwell, like any other student, need to be cared for at home by parents or carers.**

Illnesses such as common colds, viruses or infections can cause unstable blood glucose levels. Often during illness, changes need to be made to the student's usual type 1 diabetes management. This may include additional insulin and monitoring of glucose levels.

Any student with type 1 diabetes who complains of, or is obviously unwell, must be continually supervised until collected by their parents or carers as they can become increasingly unwell quickly. They should not be left alone in a sick bay. Illnesses

that cause nausea and vomiting can very rapidly become serious for students with type 1 diabetes, as food and fluids may not be absorbed.

If a student with type 1 diabetes develops increasing symptoms or is experiencing vomiting, sleepiness, tummy pain or breathing problems, parent/carers should be contacted immediately. If parent or carers cannot be contacted, an ambulance should be called (Dial 000).

