



## How to support your student with type 1 diabetes (T1D)

- 1** Familiarize yourself with signs of low and high blood sugar, and make sure substitute teachers also have this information.
- 2** Be especially aware of low blood sugar signs which require immediate treatment and be prepared to act in case of an emergency.
- 3** Please be understanding that if the student's blood sugar is too high or low, the student may need extra time to complete a test or assignment.
- 4** If the student says or acts like they don't feel well, always have someone accompany them to the nurse's office.
- 5** Please treat the student just like their peers and don't call unnecessary attention to them. Discreetly allow them to access their diabetes supplies, eat an emergency snack as needed, and use the restroom or get a drink of water at any time.
- 6** If there will be a change in routine (field trips, class parties, etc.), please let the student and/or their parents or caregivers know in advance.
- 7** Plan for emergency preparedness (fire evacuation, lock down, etc.) to ensure the student has access to their diabetes supplies regardless of where they are in the school.
- 8** Communicate regularly and partner with the student's parents/caregivers and other school personnel to keep them safe and provide the best learning environment possible.
- 9** If you have questions about type 1 diabetes, ask the student and their parents or caregivers!
- 10** Learn more about type 1 diabetes at [BreakthroughT1D.org](https://BreakthroughT1D.org).

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With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more, visit [BreakthroughT1D.org](https://BreakthroughT1D.org).