Breakthrough T1D®
Formerly JDRF

School Guide

2026-2027

Resources for Teachers, School Nurses, and Staff

- **What Teachers Should Know About T1D**
- **T1D Basics for School Nurses**
- **What to Know About Hyperglycemia (High Blood Sugar)**
- **What to Know About Hypoglycemia (Low Blood Sugar)**

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What I want my teachers to know about type 1 diabetes (T1D)

1	I didn't do anything to cause T1D and there is nothing I could have done to avoid being diagnosed. TID is an autoimmune disease and there currently is no cure.
2	My pancreas doesn't have the ability to produce the insulin my body needs to turn the carbohydrates from the food I eat into energy, so I have to take insulin injections or wear an insulin pump.
3	With a little advance planning, I can eat anything my classmates eat. I just have to check my blood sugar and adjust my insulin dose accordingly.
4	I have to check my blood sugar levels multiple times a day, either with a finger stick or by wearing a continuous glucose monitor. I need access to my diabetes technology at **ALL** times (and this may include my cell phone).
5	T1D is with me 24/7. I never get a break. Some of the things that affect my blood sugar levels that are out of my control include stress, hormones, growth, and illness.
6	When my blood sugar is too high or too low, I don't feel well and I may need extra time to complete a test or assignment after I feel better.
7	A high blood sugar may cause me to have a difficult time concentrating and I will probably need to use the restroom or drink water more often.
8	Low blood sugar can be dangerous and I will need to eat fast-acting sugar or snacks immediately to prevent or treat low blood sugar levels.
9	I don't want to be recognized as being "different" because of my diabetes.
10	You're an important part of my diabetes management team. **Thank you for your support and understanding.**

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**.

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T1D Basics for School Nurses

If you are a school nurse who treats students living with type 1 diabetes (T1D), here is a list of resources from Breakthrough T1D that will help you to keep your students safe and healthy.

Understanding Type 1 Diabetes

Video: Understanding Type 1 Diabetes This video was developed by two brothers to help their younger sister with T1D in school. It provides a very simple explanation of what T1D is!

T1D for Beginners

Begin With Hope This digital guide will give you an overview of T1D and the basics you need.

Basics of T1D Management

Managing T1D involves three main steps: checking blood sugar, administering insulin, and counting carbohydrates.

Checking Blood Sugar Monitoring blood sugar, or blood glucose, is a vital part of life with T1D, and can be done via glucometer or continuous glucose monitor (CGM).

Scan QR Code for more information on continuous glucose monitors and understanding blood sugar levels

Administering Insulin There are two methods for administering insulin: injections, with syringe or pen, or insulin pump.

Scan QR Code for more information on these methods and a brief overview of the different types of insulin

Counting Carbohydrates For your students living with T1D, it is important for them to know how many carbs they consume each time they eat or drink so that they can determine how much insulin they need to take at any given time to control their blood-sugar levels.

Scan QR Code for downloadable carb count guides for a variety of holidays and cultures

Understanding Blood Sugar Levels

These overviews of high (hyperglycemia) and low (hypoglycemia) blood sugar will help you learn their causes, symptoms and treatments.

High Blood Sugar (Hyperglycemia) Guide

Low Blood Sugar (Hypoglycemia) Guide

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Chapter Finder

Encourage students and their families to seek out their local Breakthrough T1D chapters! Local Breakthrough T1D chapters can provide community support.

Free Resources for Kids and Teens with T1D

Caregivers can complete the online request form, and we will ship this free resource directly to their home!

The Breakthrough T1D **Bag of Hope** is filled with resources for both children living with T1D and their caregivers.

English Spanish

The Breakthrough T1D **Teen Family Pack** is filled with tools and resources to help make a teen's life with T1D a little smoother.

English Spanish

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What You Need to Know About Hyperglycemia (High Blood Sugar)

Hyperglycemia, also known as high blood sugar, occurs when a child's or teen's **blood sugar level rises above 180 mg/dL** and can be potentially **dangerous if left untreated** for a prolonged period. It's imperative to take immediate action to lower high blood sugar levels to a safe range.

High blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become high:

- Taking too little insulin for what I eat/drink
- Illness or infection
- Stress
- Pump site issue
- Growth spurt/ hormones

If my blood sugar level rises above 180 mg/dL, I may experience the following:

- Thirst
- Frequent urination
- Blurry vision
- Increased Hunger

I need to check my blood sugar level and take immediate action to lower it by:

- Checking my pump and infusion sites for blockage
- Drinking water and resting
- Re-checking my blood sugar level in 1 hour
- Deliver correction dose of insulin per parent/guardian
- Checking for ketones in my urine or blood if my blood sugar level is **above 240 mg/dL**

If my blood sugar level remains high I may be in diabetic ketoacidosis (DKA), which is a medical emergency.

Call my parents or caregivers immediately if I am showing symptoms of DKA.

- Fruity breath
- Exhaustion
- Confusion
- Nausea or vomiting

If I lose consciousness:

Call 911

and stay with me until they arrive

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What You Need to Know about Hypoglycemia (Low Blood Sugar)

In order to stay healthy, people with type 1 diabetes (T1D) aim to keep their blood sugar levels between a target range of 70 mg/dL to 180 mg/dL. **Hypoglycemia**, also known as low blood sugar, occurs when **blood sugar levels fall below 70 mg/dL** and can potentially become **dangerously low very quickly**. It's imperative to take immediate action to raise low blood sugar levels to a safe range.

Low blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become low:

- Taking too much insulin for what I eat/drink
- Waiting too long to eat after taking insulin
- Physical activity

If my blood sugar level falls below 70 mg/dL these are some of the symptoms I may experience:

I need to check my blood sugar level and take immediate action to raise it by:

Eating/drinking **15 grams** of a fast-acting carbohydrates like:

- **3-4** glucose tabs or a packet of glucose gel
- **Or 4** ounces of juice or a **small** packet of fruit snacks
- **Or 4** ounces of regular soda
- Resting and re-checking my blood sugar level in 15 minutes

If I have a seizure or lose consciousness I need YOUR help immediately!

STAY CALM

Treat with a dose of glucagon
and turn me on my side

Call 911
and stay with me until they arrive

Call my parents or caregiver

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