

# When your child is sick



- **Always give your child insulin** — But they may need a different dose than usual



- **Check glucose and ketone levels at least 3 hourly** and give corrections as needed.  
Give correction doses of insulin as needed but no more than 3 hourly unless advised by a doctor



- **If using a sensor**, confirm with finger-prick glucose if  $>15$  or  $<4$



- **Ketone advice:**

**Ketones  $< 0.5$**  → Give correction doses do usual corrections

**Ketones  $\geq 0.6$**  → Give correction doses do usual corrections (can give up to 3 hourly)

**Ketones  $> 1.0$**  → **Give a correction dose that is 1½ times your usual correction (50% more insulin).**

You can calculate this by multiplying your usual correction dose by 1.5, or move 2 columns to the left on the yellow correction chart.



- **Contact your family doctor** for advice on treating the underlying illness



- **Encourage fluids** ( at least one cup an hour )



If BSL 10 or more give water or sugar-free fluids

**If your child is NOT eating**

If BSL under 10 give fluids with sugar (such as diluted juice, jelly or ice-blocks)



Phone diabetes team for advice if:



Your child's ketones are not improving or increasing



Frequent low or high glucose levels that are not improving with treatment



Your child keeps vomiting or has tummy pain or is unable to eat or drink due to illness. ( go to hospital )



Your child is very drowsy, confused or breathing heavily ( call 111 ambulance )

