WHY I MIGHT NEED A BREAK

For someone with type 1 diabetes there are times when I might need a break. Below are a few reasons why it’s important to take a break.

**Snack Break:**
- When blood sugar is low I need to have a snack containing carbohydrates to bring my blood sugar up to normal range. This may be in the form of a juice box, glucose tabs, or even small candy. If snacks are not allowed in the classroom I may ask for a break to the hall.

**Bathroom Break:**
- When blood sugar is high, the body tries to flush out the extra glucose (or sugar) through urine. This may cause frequent trips to the bathroom.
- Sometimes technology can fail and needs to be attended to. Fixing a pump site or continuous glucose monitor (CGM) issue may be easier done in the bathroom or in the nurse’s office as the connection site may be under my clothing.

**Water Break:**
- Sometimes elevated blood sugar could cause me to become very thirsty. If water bottles are not allow in the classroom I may need to take breaks to the water fountain.

**Nurse Break:**
- If I’m am displaying any symptoms of high or low blood sugar that can not be treated in the classroom please have a classmate help me to the nurse’s office.