

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 allowed in the classroom I may need to take breaks to the water fountain.

Nurse Break:

- If I'm 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.

