

## **Maalmaha Ad Jiran Tahay iyo Sonkorta**



Maalmaha aad jiran tahay waxa dhib noqonaya sidii sonkorta loo yarayn lahaa. Dhakhtarkaaga la sii samayso qorshe si aad taloobooyinka dheeraadka ah ee loo baahan yahay in aad qaadid marka aad jiran tahay.

### **Marka aad jiran tahay:**

- Tijaabi sonkorta dhiigaaga in ka badan intii hore (4 ilaa 6 lix jeer maalintiiba). Soo wac dhakhtarkaaga ama kiliinigaaga haddii sonkorta dhiigaagu ka baxsan tahay intii caadiga kuu ahayd.
- Qaado oo ha joojin dawadaada sonkorta ama kiniinka sonkorta, xiitaa haddii ad wax cuni kari weydo, iyadoo dhakhtarku kuu sheego inaanad qaadan mooyaane.
- Cab cabbitaan badan. Cab ugu yaraan hal koob oo biyo ah ama cabbitaan kale oon sonkor lahayn, kafeena lahayn saacad walba (Kafayiinta waxay ku jirtaa shaaha, kafeega, iyo cabitaanada qaarkood). Haddii lallabo ku hayso, cabitaanka u cab si kabasho yaryar ah si aanad u matagin.
- Haddii aanad cuni karin cuntadaada caadiga ah, badal cuntooyinka adag (calaaliska) ee ay ku jirto bur/bur-noqde iyo sonkor (sida rootida/roodhida iyo khudaarta) oo ku badal cabitaano leh sonkor (cabitaanka khudaarta iyo cabitaanada fudud ee caadiga ah).
- Isku day inad cabtid ama cuntid 10 ilaa 15 garaam oo ah cunto kaarbohaydrayt ah saacadiiba ama 50 garaam oo isla noocaasa marka kasta ood ka boodid wakhti cunto-qaadasho, xiitaa haddii aad matagaysid.

Cuntooyinka iyo cabitaanada ay ku jirto 10 ilaa 15 garaam oo ah kaarbohaydrayt:

- Buskudka 'Saltine, 6 hal/midh
- Hal koob oo maraq ah
- Koob badhkii oo ah jalaato/iskiriin
- Kal koob oo caano ah
- Koob badhkii oo ah cabbitaan fudud (soodha)
- Koob badhkii oo ah cabbitaan khudaar aan sonkor lagu darin

- Weydii kooxda qaabilsan daryeelka caafimaadkaaga magacyada dawooyinka aan sonkor iyo aalkolo lahayn ee warqad la' aan la iibsano karo, sida dawada qufaca iyo dawooyinka xanuunka ee aan qaadashadoodu dhib kuu lahayn haddii aad u baahatid inaad qaadatid.



## Sick Days and Diabetes

Sick days can make blood sugar hard to control. Plan ahead with your doctor to take the extra steps needed when you are sick.

### While you are sick:

- Test your blood sugar more often (4 to 6 times a day). Call your clinic if your blood sugar is out of your usual range.
- Keep taking your insulin or diabetes pills, even if you cannot eat, unless your doctor says not to.
- Drink plenty of liquids. Drink at least one cup of water or other sugar free, caffeine-free liquid each hour. If you are sick to your stomach, take the liquids in small sips to help avoid throwing up.
- If you cannot eat your usual meals, replace solid foods that contain starch and sugar (such as bread and fruit) with liquids that contain sugar (fruit juice and regular soft drinks).
- Try to eat or drink 10-15 grams of carbohydrate each hour or 50 grams for every meal missed, even if you are vomiting.

Foods and drinks that have 10-15 grams of carbohydrates:

- Saltine crackers, 6
- Soup 1 cup
- Ice cream ½ cup
- Milk 1 cup
- Regular soda pop ½ cup
- Unsweetened fruit juice ½ cup

- Ask your healthcare team about the names of sugar-free, non-alcoholic, over-the-counter medications, such as cough medicine and pain relievers that are o.k. to take if needed.