

## Maalmaha aad Jirrantahay & Sokorowga



Maalmaha aad jirrantahay waxay adkayn kartaaa xakamaynta sonkorta dhiigga. Gacmahaaga oo badanaa la dhaqo iyo waliba si joogta ah oo laisaga tallaalo hargabka ayaa kaa caawin karta kahortaga inta badan, laakiin ma aha dhammaan durayga iyo hargabka. Horey u sii qorshee si aad qaaddo tallaabooyinka dheeraadka ah ee loo baahan yahay marka aad jiran tahay. Weydiiso dhakhtarkaaga inuu kugula taliyo daawooyinka la iibsano karo ee aan sameyn ku yeelan insulinka ama heerarka sonkorta dhiigga. Haddii aad qabto sonkorowga Nooca 1-aad, gurigaaga ku hayso qalbka lagu baaro keton-ka kaadida.

### Inta aad jirrantahay:

- Cabbir oo ilaali sonkorta dhiiggaaga marar badan (2-4 saacadood kasta ayaa lagula taliyaa). Ka wac kalkaalisada UW (206-520-5000) haddii sonkorta dhiiggaagu ka badan tahay 250 jeer isla maalintaas ama haddii qandhadaagu ka badan tahay 101 ° F.
- Sii wad qaadashada insulin-ka ama kiniinada sonkorowga, xitaa haddii aadan cunno cuni karin,** Illaa inta dhakhtarkaagu kaa oranayo ha qaadan. Dadka intooda badan ee qaba sonkorowga waxay ubaahan yahiin insulin ka badan intii hore marka jirkooda uu la dagaalamayo jirro.
- Cab dareere badan. Cab ugu yaraan hal koob oo biyo ah ama dareeraha bilaa kaafiinka ah saacad kasta. Haddii aad jiran tahay calooshaada, cab cabitaano yar oo kabbo-kabbo ah si aad uga hortagto matag.
- Haddii aadan cuni karin cuntadaada caadiga ah, isku day inaad cuntid cuntooyinka iyo cabitaannada maalinta aad jirrantahay:

- Saltine crackers, 6
- Maraq ama Noodle Soup 1 koob
- Jallaato ama pudding ½ koob
- Caano 1 koob
- Sodo caadi ah ½ koob
- Miro shiidan ½ koob

- Wac 9-1-1 ama tag Waaxda Xaaladaha Degdega ah haddii aad leedahay calaamadaha fuuq-baxa daran ama ketones badan oo jirkaaga ku jira. Haddii aad qabto sonkorowga Nooca 1-aad, ka baar kaadidaada ketone-xad dhaaf ah. Calaadaha waa:
  - Oon daran
  - Jahwareer ama soo jeed la'aan
  - Neefu haddeey ku dhibeeyso
  - Xabad xanuun daran ama calool xanuun
  - Neef shiir
  - Maqaarka ama bishama oo ku ama angaga



## Sick Days and Diabetes

Sick days can make blood sugar hard to control. Washing your hands often and staying up to date with flu shots can help prevent many, but not all flus and colds. Plan ahead to take the extra steps needed when you are sick. Ask your health care provider to recommend over-the-counter medications that do not interfere with insulin or blood sugar levels. If you have Type 1 diabetes, keep a urine ketone testing kit in your home.

### While you are sick:

- Test and keep track of your blood sugar very often (every 2-4 hours is recommended). Call the UW Medicine **nurse** (206-520-5000) if your blood sugar is more than 250 twice in the same day or if your fever is more than 101 ° F.
- Keep taking your insulin or diabetes pills, even if you cannot eat**, unless your health care provider says not to. Most people with diabetes need even more insulin than usual when their body is fighting illness.
- Drink plenty of liquids. Drink at least one cup of water or caffeine-free liquid each hour. If you are sick to your stomach, drink liquids in small sips to help avoid vomiting.
- If you cannot eat your usual meals, try these sick day foods and fluids:

- Saltine crackers, 6
- Broth or Noodle Soup 1 cup
- Ice cream or pudding ½ cup
- Milk 1 cup
- Regular soda pop ½ cup
- Fruit juice ½ cup

- Call 9-1-1 or go to the Emergency Department if you have signs of severe dehydration or too many ketones in your body. If you have Type 1 diabetes, test your urine for excess ketones. Signs are:
  - extreme thirst
  - confusion or trouble staying awake
  - trouble breathing
  - severe chest or stomach pain
  - fruity breath
  - flushed, dry skin and lips