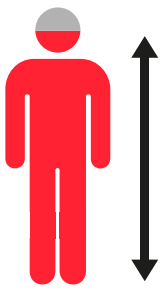


DIABETES AND HOT WEATHER

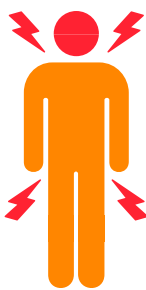
Problems that hot weather can cause for people with diabetes



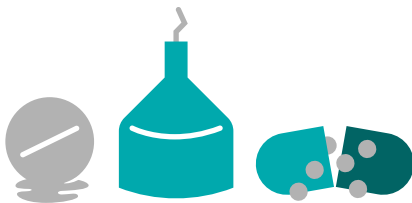
DEHYDRATION



BLOOD SUGAR LEVELS
RISING OF FALLING



HEAT
EXHAUSTION



DAMAGE OF MEDICATION
& MEDICAL SUPPLIES

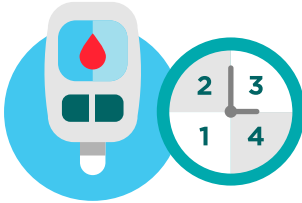
How to stay safe?

DRINK WATER



Your body loses a lot of fluids through perspiration, stay hydrated by drinking water regularly during the day.

BLOOD GLUCOSE MONITORING



Check sugar level more often – at least 4 times a day; if you’re planning long journeys, test it before and after each journey and stop regularly to check your blood sugar level. Also you may need to adjust your insulin levels during changes of temperature outside.

SUN PROTECTION



Use sunscreen and use a lip balm with sunscreen also wear loose-fitting, lightweight, and light-colored clothing.

HEAT EXHAUSTION



When you feel overheated or dizzy, lie down and use cool compress to lower your body temperature; also check your sugar level.

FEET PROTECTION



Pay attention to your feet; wear comfortable shoes and examine feet carefully for any sign of infection or injury.

INSULIN



Keep insulin at near-normal temperatures in an insulated case; keep in cooler or use cooling packs, but do not place insulin directly on ice or a gel pack.

DIABETES SUPPLIES



Keep your medical supplies out of direct sunlight, away from heat and humidity; do not leave supplies in the car; use a protective pouch on your insulin pump.

IDENTIFICATION



Identify yourself as a person with diabetes, so you can get appropriate help and care if you need.

Sources