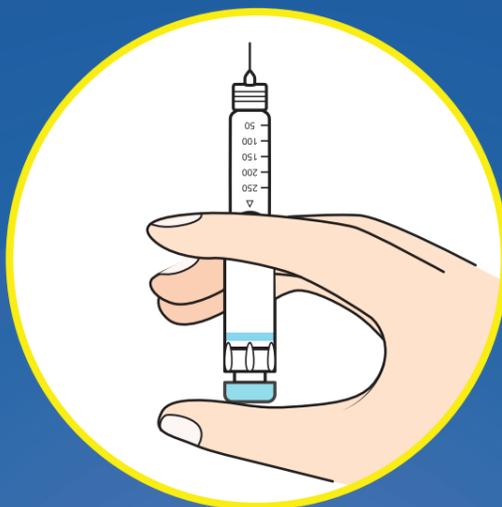


# DIABETES AND SICK-DAY MANAGEMENT



Try to eat healthy food



If you are on Insulin, keep taking it.



Test your blood sugar every 4 hours.



Drink plenty of fluids.



Rest as much as you can.



If your illness lasts for more than 2 days, call your doctor.



**Regular self-monitoring is a key to achieve good diabetes control.**



**For further details on self-monitoring, consult your doctor today!**