

# What a 16 year-old should know about Diabetes.

## Diabetes Travel Checklist:

Be prepared before you travel. Make sure you have your supplies with you (not in your luggage).

- c Travel Letter (from your doctor)
- c Doctor or clinic phone number.
- c Diabetes ID (bracelet, dogtag, necklace, tattoo)
- c Insulin (Plus extra just in case)
- c Blood sugar meter
- c Test strips & lancets
- c Glucose tabs
- c Glucagon
- c Infusion set/Reservoirs/Syringes/Pen needles
- c Extra batteries for your meter/pump
- c Insurance card
- c Small sharps container



## Diabetes and Work:

People with diabetes have certain rights and protections at the workplace. You don't have to tell your prospective employer that you have diabetes during an interview. Once you are hired, you should tell your employer that you have diabetes. By law, you are allowed to manage your diabetes (check sugar, give insulin, treat lows) during work hours.

## Your Diabetes Rights Resources:

"Your Job & Your Rights", American Diabetes Association ([www.diabetes.org](http://www.diabetes.org))

"ADA Questions & Answers", Americans with Disabilities Act ([www.ada.gov](http://www.ada.gov))

"Disability Discrimination", U.S. Equal Employment Opportunity Commission ([www.eeoc.gov](http://www.eeoc.gov))

## Scheduling an Appointment and Refilling Prescriptions:

If you don't know how to do this, now is the time to learn and practice! Put your doctor and pharmacy numbers into your cell phone directory. Ask your Mom or Dad to let you call in the next refill.

## How to give a Glucagon Injection

It is important to teach those around you how to use the glucagon pen in an emergency situation. Glucagon is used to treat a severe hypoglycemic reaction (unconscious or having a seizure). Please provide these instructions to your friends/family so that they may be prepared.



### Glucagon:

1. Remove the flip-off seal from the bottle of glucagon. Wipe rubber stopper on bottle with alcohol swab.
2. Remove the needle protector from the syringe, and inject the entire contents of the syringe into the bottle of glucagon. Remove syringe from the bottle.
3. Swirl bottle gently until glucagon dissolves completely.
4. Using the same syringe, hold bottle upside down and, making sure the needle tip remains in solution, gently withdraw all of the solution (1 mg mark on syringe) from bottle. The usual adult dose is 1 mg (1 unit).  
DISCARD UNUSED PORTION.



5. Inject dosage into a large muscle on the upper arm, top of the thigh, or center of the buttocks.

