

SICK DAY READY KIT

- ▶ Soup in a microwaveable container
- ▶ Your doctor's sick day guidelines
- ▶ Cough drops ▶ Antacid ▶ Cold medicine
- ▶ Your care team's daytime & after-hours phone numbers
- ▶ Glucose tabs ▶ Honey ▶ Copy of insurance card
- ▶ Crackers ▶ Fruit juice ▶ Tissues ▶ Ibuprofen ▶ Tea bags
- ▶ Electrolyte drinks ▶ Hot/cold pack ▶ Diet & regular soda
- ▶ Thermometer ▶ Ketone strips & meter ▶ Ketone urine strips
- ▶ Glucagon kit (talk to your doctor about micro doses if you can't keep anything down and are running low)