

SCHOOL STAFF NEED TO KNOW: TYPE 1 DIABETES

Type 1 Diabetes is a disease that destroys cells in the pancreas called beta cells that produce insulin. Without insulin, sugar (glucose) cannot enter the body's cells and instead builds up in the bloodstream, causing a cascade of dangerous and life-threatening health effects. Lifestyle and diet do *not* cause T1D and it is *not* preventable or contagious.



NO CURE

There is no cure for T1D and insulin by injection is the only treatment. Without insulin, individuals with T1D could not survive. There is no pill form of insulin.

TECH IS ONLY A SUPPORT

There are insulin pumps that some students may wear that deliver insulin. Whether a student has a pump or not is an individual choice students & families make with guidance from their healthcare provider. Similarly, students may wear continuous glucose monitors (CGMs), which monitor blood sugar levels every few minutes. Insulin pumps and CGMs are not fix-alls and close monitoring of blood sugar, food intake, activity, and insulin dosing is still required at all times.



LOW BLOOD SUGAR

If blood sugar is low, immediate action is required. A student with low blood sugar should not be left alone and a fast-acting sugar administered. Symptoms of low blood sugar include nausea, confusion, drowsiness, irritability, and dizziness.



HIGH BLOOD SUGAR

High blood sugars can cause a student to have to use the bathroom frequently as the body tries to flush out extra glucose from the urine. Students with T1D need unrestricted bathroom access. Untreated high blood sugars can become emergency situations.

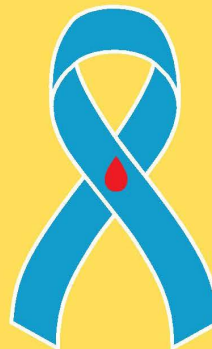
IT'S A LOT OF WORK

Diabetes is a 24/7 condition. There are never-ending demands including checking blood sugars, counting carbs, dosing insulin, adjusting for unplanned treats, and responding to urgent needs. Everything affects blood sugar including illness, hormones, exercise...even the weather!

Everyday school activities can be complicated and stressful as blood sugar levels can change quickly. These fluctuations and uncertainties can affect a student's learning, cognition, attention, and behavior.

KNOW THE SUPPLIES

Students with T1D need several items nearby throughout the school day. These might include fast-acting glucose sources, insulin pens, blood glucose meters, or other supplies needed for insulin administration. They should also have glucagon, an emergency medication used to treat severely low blood sugar levels.



KIDS WITH T1D WANT TO BE JUST LIKE EVERYONE ELSE

Students with diabetes should not be excluded from any school activities or trips. They can eat treats just like all the other students but in their case, they need to plan and adjust their insulin. Avoid calling a student with T1D, "the diabetic" or singling them out for their disease.