

Ø=Ü, Addison Has Diabetes

FOR CHILDREN

1 How can you be a good friend to someone who has diabetes?

Be kind, include them in activities, and understand that they may sometimes need to check their blood sugar, eat a snack, or take medicine. Be patient and supportive.

2 Is diabetes contagious? Can it go away?

No. You cannot catch diabetes from another person. Some people have diabetes for their whole lives, but with good care they can stay healthy and active.

3 Why might someone with diabetes need to eat at certain times?

Eating on a schedule helps keep their blood sugar at a healthy level so they have the energy they need and can avoid feeling sick. This may mean that they carry snacks with them in their backpack and the teacher lets them eat more often than the other students.

4 Why might they carry special supplies with them (like a glucose meter or insulin)?

These supplies help them check their blood sugar and keep it in a healthy range. They are important tools that help them stay safe and healthy.

5 Can people with diabetes play sports and do everything other kids can do?

Yes! Children with diabetes can play sports, learn, have fun, and enjoy the same activities as everyone else. They may just need to plan ahead by checking their blood sugar or eating a snack.

6 What could you do if a friend with diabetes is not feeling well?

Tell a teacher or another trusted adult right away. Stay with your friend if it is safe to do so, be calm, and let the adults help. Never try to give medicine unless an adult tells you to.
