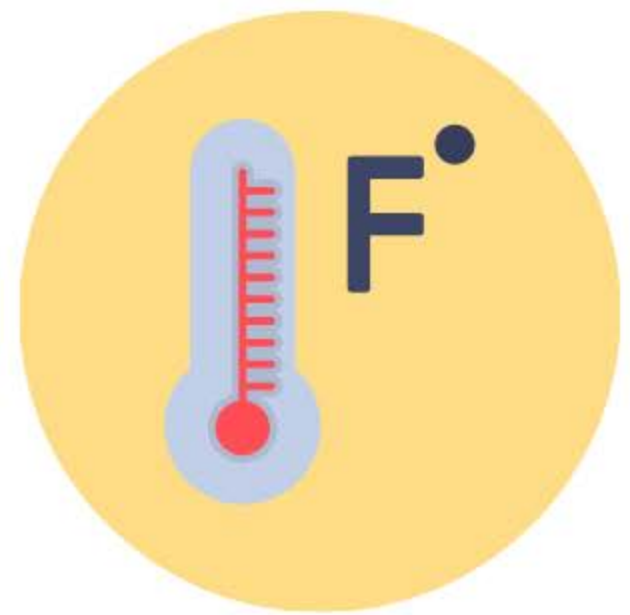


Managing Diabetes

In the Heat



Stay Hydrated: Drink lots of water and sugar-free beverages.



Store insulin in a cool, dry place. Avoid temperatures above 95 degrees. High temperatures can break down insulin, leaving it less effective.



Center for Community Health & Prevention

Do not store your testing supplies (blood sugar meter/test strips) in extreme temperatures.



They can become damaged and provide inaccurate readings.



High heat can cause adhesive to become loose or fall off. Bring extra supplies.

Test your blood sugar more often (before, during, and after exercise).



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Pack snacks. Try pairing carbohydrates with protein sources, like peanut butter crackers.



Pack items to treat low blood sugar, such as juice boxes or glucose tablets.



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