

TYPE 1 DIABETES

WHAT YOU NEED TO KNOW

WHAT IS TYPE 1 DIABETES?

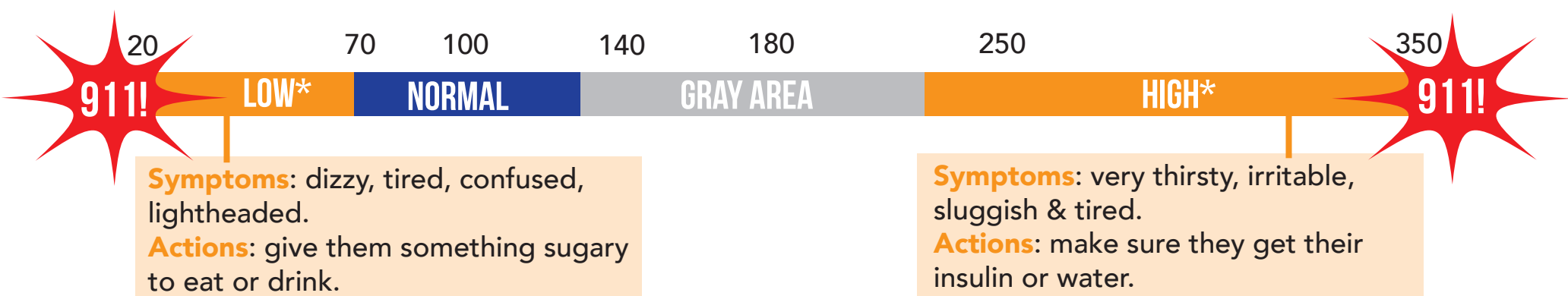
Type 1 diabetes (or T1D) is an autoimmune disease that affects how someone's body turns food into energy. The cells in the pancreas (the organ that makes insulin) don't work correctly, so someone with T1D doesn't produce insulin properly. You cannot survive without insulin.



People with T1D have to inject themselves with insulin and monitor their blood sugar in order to keep their levels of insulin and sugar balanced. That's why you might see one of our employees with an insulin pump, insulin pen, or syringe.

WHAT CAN YOU DO TO HELP?

The best way for you to help your diabetic coworker(s) is to understand that sometimes their body is forcing them to take a break. Depending on their sugar/insulin levels, they might need some juice, they might need insulin, and in some circumstances, they may need medical attention. If they start acting strangely, ask if they need to check their levels. This is what happens with "low" vs. "high" blood sugar.



*** Remember:** Symptoms of type 1 diabetes can be different from person to person. Ask your coworker(s) what their symptoms are like.

IN CASE OF EMERGENCY...

There are a few signs you should look out for in someone with T1D.

EXTREME LOW BLOOD SUGAR

Not enough sugar in the blood.

SYMPTOMS

Confusion
Blackouts
Seizures
Unresponsiveness

**CALL
911**

DIABETIC KETOACIDOSIS

Too much sugar in the blood from lack of insulin.

SYMPTOMS

Fatigue
Nausea
Vomiting
Abdominal Pain
Difficulty Breathing
Confusion

Ask them if they need to check their blood sugar.

LOSS OF CONSCIOUSNESS

**CALL
911**