



# School nurses' top tips

## How is Type 1 Diabetes treated?

Insulin is given by injections or by a pump.

Blood glucose (sugar) levels are checked often to work out how much insulin to give.

The amount of carbohydrate in food is worked out to work out how much insulin to give.

Glucose (sugar) is given if levels are too low.

# Type 1 Diabetes.

## What is Type 1 Diabetes?

Your body stops making insulin. Lots of children live with Type 1 diabetes. You can't catch it like a 'cold'. A child with Type 1 diabetes can do the same things their friends can.

## What are the symptoms? The 4 T's.

**Toilet** – Needing to go for a wee more often, wetting the bed when before you were dry or getting up to wee at night when you didn't need to before.

**Thirsty** – Being very thirsty.

**Tired** – Feeling more tired or having less energy than usual.

**Thinner** – Losing weight or looking thinner.

If someone has these symptoms, they **might** have Type 1 diabetes, take them to the doctor and check today.

## More information

[Children and diabetes | Diabetes UK](#)

[JDRF UK - Type 1 diabetes research | JDRF](#)

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