

# Don't Get Sick from Diabetes

with the Pediatric Diabetes Resource Center (PDRC)

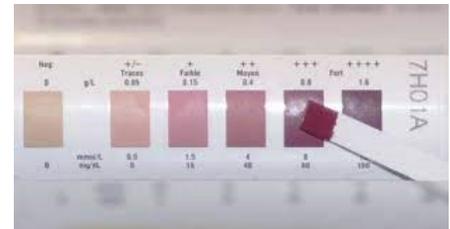
## 1. If:

- Your stomach hurts
- You vomit
- You feel like you are going to vomit
- You have a headache
- You have blood sugars over 300 all day
- You feel sick



## 2. Then:

- Pee on a ketone stick



## 3. If the stick changes color, call PDRC **309 624 2480**

- On a weekday: Press 2 (“if your child is ill”) to talk to a PDRC diabetes nurse
- Every other time: you will get the OSF call center, who will connect you to a PDRC diabetes doctor



Ketones get worse and can send you to hospital! If you have ketones, please call at any time day or night so we can help you.