ABOUT TYPE 1 DIABETES
OVER 460 MILLION PEOPLE in the world live with diabetes
THERE ARE TWO MAIN TYPES OF DIABETES: TYPE 1 AND TYPE 2.
NOTHING I DID CAUSED MY TYPE 1 DIABETES AND IT’S NOT CONTAGIOUS!

HAVING DIABETES MEANS YOUR BODY DOESN’T MAKE INSULIN LIKE EVERYONE ELSE’S, SO YOU HAVE TO GIVE YOURSELF INSULIN.
WHEN I WAS DIAGNOSED...
A normal blood sugar range is usually between 80 - 120.

When I’m high...

When I’m low...
HERE IS WHAT I DO WHEN I EAT

1️⃣

Apple + Milk + Pizza + Diabetes Medication = 😊
# Low Blood Sugar Is Dangerous!

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Low blood sugar can be dangerous! Look out for these symptoms and help me by:
- Asking if I’ve checked my blood sugar
- Knowing where I keep my snacks and tools to help treat my lows
- Telling a teacher or an adult if I’m acting strange or showing these symptoms
TOOLS FOR TREATING SEVERE LOW BLOOD SUGAR

- **GVOKE**
- **Glucagon Rescue Kit**
- **BAQSIMI**
TREATING TYPE 1 AT SCHOOL

I need to check my BG before we take a test. If it’s too high or low, my brain doesn’t work as well and I can’t take the test until it returns to normal range.

I might need to go to the nurse’s office for help treating a high or low BG, or because I don’t feel good.

I might have to sit out of P.E. or sports/after school activities because of a low BG while I have some sugar.

Before we have lunch or a snack, I have to test my BG and calculate the amount of carbs in the food, then calculate how much insulin to give myself.
I need to check my BG before we take a test -- if it’s too high or low, my brain doesn’t work as well and I can’t take the test until it returns to normal range.

I might need to step away from my screen to treat a high or low BG, or because I don’t feel good.

I might have to sit out of P.E. or sports/after school activities because of a low BG while I have some sugar.

Before we have lunch or a snack, I have to test my BG and calculate the amount of carbs in the food, then calculate how much insulin to give myself.
I HAVE A LOT TO THINK ABOUT EVERY DAY + NIGHT.
I AM GOING TO SHOW YOU THE TOOLS I USE TO MANAGE MY DIABETES
THERE ARE A LOT OF PEOPLE LIVING WITH TYPE 1 LIKE ME! PEOPLE LIKE...

- **NICK JONAS**
  - Is an American singer, songwriter, and actor. He co-founded Beyond Type 1.

- **SONIA SOTOMAYOR**
  - Is a Supreme Court Justice in the U.S. Federal Court, and the first Latina to be appointed.

- **MARK ANDREWS**
  - Is an American football player on the Baltimore Ravens. He is one of the best tight ends in the league.

- **CHELSEA GLOVER**
  - Is an American singer, and half of the duo Hello Sunday, who competed on season 17 of “The Voice”.

- **BAMBI NORTHWOOD-BLYTH**
  - Is an Australian supermodel who’s been featured in campaigns for Vogue, H&M, Tommy Hilfiger, and more. She’s also an entrepreneur.
THERE ARE A LOT OF PEOPLE LIVING WITH TYPE 1 LIKE ME! PEOPLE LIKE...

LAUREN SALKO
Is a professional skier who has raced all over the world and placed in the top 10 at collegiate nationals which earned her all-American status.

KENDALL SIMMONS
Is a retired American football player and Superbowl champion who played with the Pittsburgh Steelers.

ESTE HAIM
Is an American singer-songwriter, and member of pop trio Haim, which she performs in with her sisters.

GAVIN LEWIS
Is an American actor, who's starred on television shows like Little Fires Everywhere and Prince of Peoria.

LAUREN COX
Is an American basketball player in the WNBA. She was the third overall draft pick, selected by the Indiana Fever.
I MIGHT GET TO LEAVE CLASS SOMETIMES, AND I MIGHT GET TO PICK A FRIEND TO GO WITH ME.

IF YOU HEAR MY PHONE, OR SEE MY PHONE DURING CLASS TIME, I SOMETIMES USE MY PHONE TO MANAGE MY T1D.

REMEMBER, I’VE ALWAYS GOT CANDY, SO BEING MY FRIEND HAS ITS BENEFITS.

CLASSROOM PARTY? I CAN BRING THE TREATS, JUST LET ME KNOW!

FOR THE LAST TIME...I CAN EAT SUGAR!

WHAT I WANT YOU TO KNOW
ASK ME QUESTIONS ABOUT DIABETES
I’M HAPPY TO TEACH YOU ABOUT IT!
OR YOU CAN VISIT BEYONDTYPE1.ORG
FOR EVEN MORE INFO!