Be a Diabetes Buddy!

How to spot when a classmate needs help.

1 SPOT THE "LOWS"

Sometimes, a friend's body runs out of sugar energy fast. Look for:



- **The Shakes:** Trembling or shaky hands.



- **The Sweats:** Looking suddenly cold, wet, or sweaty.



- **The Grumps:** Feeling suddenly mad, crying, or acting stubborn.



- **The Sleeps:** Moving slowly or looking very, very tired.

2 SPOT THE "HIGHS"

Sometimes, a friend's body has too much sugar building up. Look for:



- **Super Thirsty:** Needing to fill up their water bottle over and over.



- **Lots of Bathroom Breaks:** Needing to run to the restroom constantly.



- **Tummy Ouchies:** Complaining of a bad stomach ache or feeling sick.

3 WHAT TO DO (YOUR SUPERPOWER!)



1. Tell an adult or teacher right away!
2. Never let your friend walk to the nurse alone.
3. Remember: Snacks are medicine for diabetes friends, not just treats!



Spot the signs. Be a helper. Save the day!