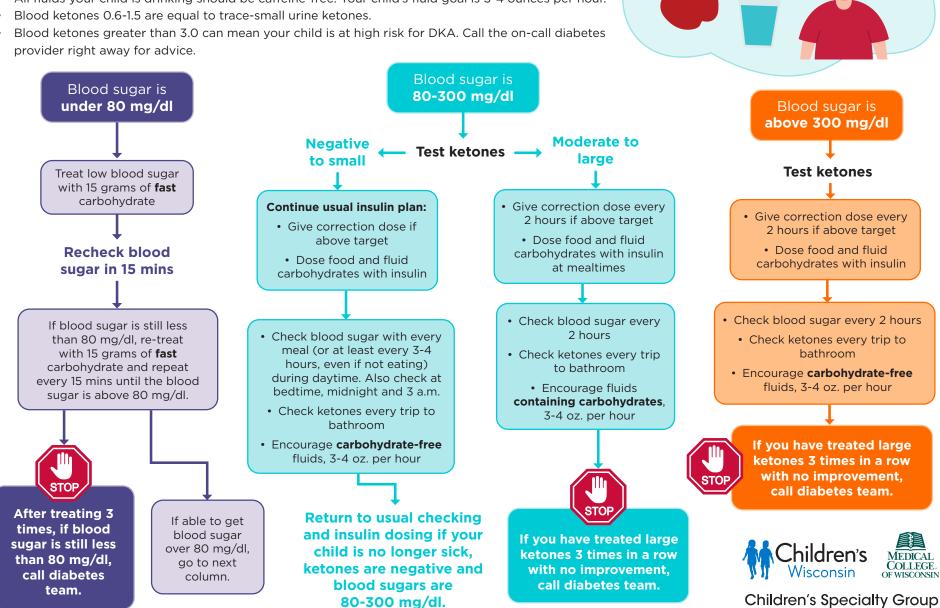
## Sick day **ABLE to eat and drink**

Locate the flowchart for your child's current blood sugar level and follow it to the bottom of the page. Continue to use flowchart for the most recent blood sugar level until your child feels better and ketones are gone. Then, return to your child's normal schedule.

- All fluids your child is drinking should be caffeine-free. Your child's fluid goal is 3-4 ounces per hour.
- provider right away for advice.





## Sick day **NOT ABLE to eat and drink**

Locate the flowchart for your child's current blood sugar level and follow it to the bottom of the page.

Continue to use flowchart for the most recent blood sugar level until your child feels better and ketones are gone. Then, return to your child's normal schedule.

