Sick Day Ready Kit

Prepare this list before you leave for school (we’re looking at you, Mom and Dad.) The following items will come in handy when you start feeling crappy and don’t want to see anything but the inside of a pillow:

ITEMS THAT WILL COME IN HANDY

- Soup in a microwaveable container
- Your doctor’s sick day guidelines
- Cough drops
- Antacid
- Cold medicine
- Your care team’s daytime & after-hours phone numbers
- Glucose tabs
- Honey
- Copy of insurance card
- Crackers
- Fruit juice
- Tissues
- Ibuprofen
- Tea bags
- Electrolyte drinks
- Hot/cold pack
- Diet & regular soda
- Thermometer
- Ketone strips & meter
- Ketone urine strips
- Glucagon kit (talk to your doctor about micro doses if you can’t keep anything down and are running low)