SICK DAY READY KIT

- 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)