

BE PREPARED FOR THE 'WHAT IF'S...'

Low blood sugar?

Ask a bartender for juice - it will be **free** because it is a medical emergency!



Throwing up and thirsty?

Rehydrate with juice to avoid going low after losing carbs.

Tech failure?

Always have **backup supplies** with you for emergency CGM and site changes.

Need the bathroom?

If a bathroom at a restaurant or bar is only for patrons, say it is a **medical need** and they should let you use it.

Worried you might overdo it?

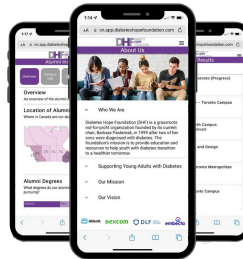
Make sure someone in your group **knows you are T1D** and tell them what to watch for and **how to help** in an emergency
AND

Wear your **medical alert** bracelet or write type 1 diabetes on your wrist with a permanent marker.



NEED MORE INFO?

- If you have questions or concerns about how to stay safe while going out with T1D, please reach out to your endocrinologist, diabetes team, or family doctor.
- For more information regarding specific resources on your post-secondary campus, explore DHF's **FREE Online Transition Guide**.



Visit www.diabeteshopefoundation.com for more transition tips and resources.



TIPS FOR GOING OUT WITH T1D: STAYING SAFE AND IN RANGE



TIPS FOR A SAFE NIGHT OUT...

Clubbing?



- **Dancing is exercise!** Decrease your meal bolus ahead of time to prevent lows.

No reservations available?

- **Call ahead** and explain you have T1D - some restaurants may reserve a table for you if you ask.

Unsure of carb counts when eating out?

- Try **health and nutrition apps** to help with carb counting.
- Many fast food chain restaurants have their **nutrition information available online** to help you plan ahead.

Too much stuff?

- Find a **small shoulder bag or purse** you can carry your essentials in.



DRINKING?

- **GLUCAGON WILL NOT WORK** when alcohol is in your system.
- With excessive drinking, you may not notice your lows - **check your sugars** regularly, **treat lows early** & **set an alarm** for the morning.
- It is **safer to run yourself a bit high** while drinking to avoid lows.
- **Be careful when mixing different alcohols** together to see how your sugars react.
- Keep plenty of **juice boxes & low snacks** close by when drinking.
- Restaurants and bars often add **extra sugars** and **less alcohol** to their drinks so check your sugars often!
- If you have a CGM, **turn on your sensor alerts** for other people who are connected to your account so they can act as a **back up** in case something happens.



RECREATIONAL DRUGS?



- **Never mix** anything else with or in your insulin syringe or insulin pump.
- **Do not mix drugs and alcohol.**
- When doing drugs, your sugars are more likely to **go high** as you feed your **food cravings and munchies!**
- Remember that **drugs need time to take effect** - **go slow** & start with **smaller doses** to give yourself time to adjust.
- Harder drugs can make you drowsy and **unaware of your sugars and body's cues** - **use alarms** to remind yourself to take insulin injections in case of memory fog.

