

**MANAGING DIABETES  
DURING HOT WEATHER**



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## HYDRATION IS KEY



**If you have type 1 diabetes, it's crucial to stay hydrated in hot weather.**

**High temperatures can cause dehydration, which can affect blood sugar levels.**

**Always carry water with you and drink frequently.**



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## **STORE INSULIN PROPERLY**



**Insulin can become less effective if it gets too hot.**

**Make sure to store your insulin in a cool, shaded place and avoid leaving it in a hot car or direct sunlight.**

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## MONITOR BLOOD SUGAR LEVELS



**Hot weather can cause blood sugar levels to fluctuate.**

**It's important to check your blood sugar more often than usual and be prepared to adjust your insulin dosage if necessary.**



## BE AWARE OF **HEAT EXHAUSTION**



People with type 1 diabetes are more susceptible to heat exhaustion.

Symptoms include heavy sweating, weakness, cold or clammy skin and nausea.

If you experience these symptoms, seek a cooler environment, hydrate and rest.