

# Survival Skills.....Hyperglycemia (High Blood Sugar)

## Symptoms

**Extreme Thirst**



**A need to urinate often**



**Dry, itchy skin**



**Hunger**



**Blurred Vision**



**Tired, weak or dizzy**



**Upset stomach, vomiting**



**What should you do?**

**Check your blood sugar.**



- **Follow your sick day plan.**
- **Drink sugar-free liquids such as water or caffeine-free drinks.**

**Call your doctor if:**



- Your **blood sugar is higher than 240** (or the number that your doctor told you to use), **two times in the same day and you don't know why.**
- For more than 24 hours you have diarrhea or you can't keep food or fluids down.
- You have a fever of 101.5° or higher.

Please call **1-800-SENTARA (736-8272)** to sign up for the **"Healthy Living with Diabetes"** Classes.