



# 糖尿小貼士

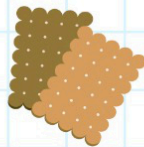
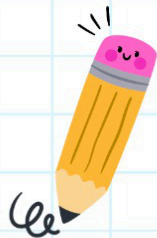
## Tips for Diabetes



開學喇！BACK TO SCHOOL！

### 1 與學校合作 Working with the school

- 與班主任老師見面  
Meet the class teacher and other staff
- 把你的糖尿病管理計劃交給學校  
Provide your diabetes management and care plan
- 把父母的緊急聯絡電話通知學校  
Provide parent's emergency contact numbers
- 確保學校了解並能協助你管理糖尿病，包括：  
Ensure the school is aware and make provisions for you to manage your diabetes. In particular:
  - 定時檢查血糖  
Check blood glucose levels
  - 注射胰島素或服用糖尿病藥物  
Take insulin or other diabetes medicines
  - 能察覺低血糖症並作出治理  
Recognise and treat low blood glucose (hypoglycaemia) episodes
  - 在有需要時可吃升糖小食  
Eat snacks as needed
  - 有規律及充足的用餐時間  
Eat lunch at a certain time, with plenty of time to finish
  - 自由和方便地飲水及如廁  
Have easy access to water and time for toilet breaks
  - 可以參加體育活動及學校活動  
Join physical activity and participate in school events



## 2 為開學做足準備 Preparing for school

- ✓ 懂得管理午餐和其他飲食時間  
Know how to handle lunchtime and other eating situations
- ✓ 帶備所需的糖尿病用品及升糖小食  
Have all the supplies and snacks needed
- ✓ 坦率地向身邊的人說出你的需要  
Speak up and tell others your needs
- ✓ 在有需要時可吃升糖小食  
Eat snacks as needed
- ✓ 有需要時，知道要向哪位老師或學校職員尋求協助  
Know who to contact for help, such as a teacher, or school staff



## 3 上學時需帶備的物品 Gathering your diabetes school supplies



連續血糖監測儀和  
胰島素泵  
Continuous Glucose  
Monitor (CGM) and  
pump supplies



血糖機、採血筆、  
刺針和血糖試紙  
Glucose meter, lancing  
device, lancets and  
blood sugar test strips



胰島素和注射針筒或  
胰島素筆和針頭  
Insulin and syringes  
or insulin pen and  
needles



低血糖補充品（葡萄糖片、  
果汁、水果小食等）  
Low blood sugar supplies  
(glucose tabs, juice, fruit  
snacks etc.)



盛載已使用的即棄  
醫療用品的器皿  
Container to hold  
used medical  
supplies



Youth Diabetes  
Action  
兒童糖尿協會

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更多資訊  
More information

