

# Sick Day Record



Date \_\_\_\_\_

Symptoms: \_\_\_\_\_

Time	Temperature	Blood Sugar/Ketones	Medicine Name and Dose	What You Have Eaten and New Symptoms

- Notified family or friend to call and check on me
- I have called my provider/clinic if:
  - My blood sugar level is greater than 240 mg/dl for 24 hours or under 60 mg/dl for three readings in a row
  - I have an upset stomach, vomiting or diarrhea for more than 4 to 6 hours
  - I cannot keep fluids down
  - I have a temperature of 101 or more for over 24 hours.
  - I have dry mouth, thirst, decreased urination and dry flushed skin (symptoms of dehydration)
  - I have pain that does not go away
  - I am not sure about something
  - I am sick for more than one or two days
- I eat or drink 15 grams of carbohydrate each hour if unable to eat a regular diet