

Fall Travel Tips

Travelling this fall? Read these [travel tips from Diabetes Canada](#).

Be prepared in case of severe HYPOGLYCEMIA with a [GlucaGen Hypokit](#)

Flu Prevention Tips & What To Do If You Get the Flu!

Many parts of Canada have already received their first major snowfall of the season, a signal that cold and flu season is upon us!

People with diabetes often have a weakened ability to fight off infection. That's why you'll hear your healthcare team cautioning you to protect yourself from infections, whether it be from the flu or from cuts and scrapes.

Flu Prevention

Based on flu patterns in the world this year, the 2019 flu season in Canada is expected to be severe. Get your flu shot as soon as possible in order to be protected sooner rather than later.

Did you know?

1. It takes 2 weeks for the flu vaccination to reach effectiveness.
2. The sooner you get your shot, the more time you are covered throughout the flu season!
3. Each year's flu shot is a custom blend – so last year's won't protect you from the same set of flu strains as this year's shot.

In addition to getting your flu shot every year, other flu prevention tips include

- Washing your hands often
- Covering your mouth when you cough or sneeze
- Not touching your face

What To Do If You Get the Flu

Sometime despite our best efforts we get sick. Here are a couple good resources:

- [Sick Day Management for Type 1 Diabetes : Teens and Adults](#) from the Government of Saskatchewan to help you adjust you insulin + other tips

- [Stay Safe When You Have Diabetes and Are Sick or at Risk of Dehydration](#) from Diabetes Canada so you know which medications to stop and what is better to eat and drink during your recovery

What to Do if your Pump Stops Working



If your insulin pump fails or you choose to switch to injections for a day or more, it is important to have a plan in place to manage your diabetes injections.

For more information, [read this great article](#).