

Warmer weather and “fun in the sun” summer social events bring us out into the heat. Below are some tips to help keep you safe during this time. The more you know, the more you can do to plan ahead and be prepared to take care of yourself... and your diabetes!



Personal care:

Drink fluids: During hot weather, your body loses a lot of fluids through perspiration. Stay hydrated by drinking at least 8 ounces of water and other, sugar-free, caffeine-free fluids often.

Protect yourself from the direct sun: Always wear sunscreen. Reapply it if you have been in the water or have perspired a lot.

Protect your feet: Wear shoes or sandals when walking on hot surfaces to avoid injuries.

Plan activity: Consider exercising in air conditioning or in the early or late part of the day to avoid the intense heat. Try walking at the local shopping mall early in the morning.

Check blood glucose: Plan to check more often, at least 4 times a day, or every 1-2 hours if you are doing a lot more activity than usual.

Pay attention to signs of heat exhaustion: If you feel overheated or dizzy, get out of the direct heat. Lie down and use cool cloths to lower your body temperature. Call for help and check your blood glucose.

Carry identification: Always carry or wear some kind of identification that says you have diabetes. Carry a cell phone with you or let someone know where you're going in case you need help.

Diabetes Supplies:

Insulin: Keep insulin at near-normal temperatures- place your vial, pen or prefilled syringe in an insulated case. Use a cooler or cold pack but don't put insulin directly on the ice as insulin might freeze and lose its potency.

Place all supplies out of direct sunlight. Over- heating may change how your meter works and make the reading inaccurate. Keep glucose strips and pills in a closed container, away from heat and humidity.

Plan to carry supplies with you. Pack your backpack with insulin, pills, meter, strips, low blood glucose supplies and anything else you may need. Don't leave supplies in the car or store them in the trunk of a car.

If you wear an insulin pump: Use a protective pouch, and keep the pump out of direct sunlight. Perspiring heavily can loosen adhesive, so check your infusion site frequently. Using antiperspirant on your infusion site can reduce dampness.