

## **Sitter Information**

### **Travel**

- Take Grant's backpack (water, meter, Glucagon Kit, and milk) when traveling by car.

### **Test Blood Sugar IF:**

- you suspect a low because of symptoms.
- Grant is expending lots of energy.
- you are about to take a long walk, play in park, etc.

If number is below 80, give 1/4 cup milk. You may need to test blood sugar again after returning from walk or after he has played really hard. A 30-minute walk can lower Grant's blood sugar 100 points.

### **Today's Schedule**

- **10:00 Snack** – Granola Bar and 1/4 cup milk
- **11:40 Blood Sugar Test** – If below 80, give 1/4 cup milk.
- **12:00 Lunch** –

### **Blood Sugar Readings:**

Target Zone (good numbers) 100 – 225

Low Zone – below 80 – Treat with milk

High Zone – 270 – Check ketones