

McKinney Independent School District School Health Services

Diabetes -Actions for Student

- Participate in the school meeting to discuss your Diabetes Management & Treatment Plan (DMTP) from your medical provider, McKinney Diabetes Individual Health Plan (IHP), 504 Plan, IEP, or other education plan, as appropriate.
- Always wear a medical alert ID and carry a fast-acting source of glucose.
- Tell teachers and other school staff members if you feel symptoms of low or high blood glucose, especially if you need help.
- Work with school staff members if you need help checking your blood glucose, getting insulin, or eating the right amount of food at the right time during the school day.
- Take charge of your diabetes care at school if your written school plans allow you to. This may include:
 - checking and writing down blood glucose levels
 - figuring out the right insulin doses
 - giving yourself insulin
 - throwing away needles, lancets, and other supplies you have used in the right place
 - eating meals and snacks as planned
 - treating low blood sugar
 - carrying diabetes equipment and supplies with you at all times
 - treating your CGM and cell phone, if applicable, as a medical device

Things You Need to Know:

- What your written school plans say to help you manage your diabetes, which person(s) at school will help you, and what is expected of you.
- Who to contact and what to do when you are having a low blood sugar reaction.
- When you should check your blood glucose levels, give yourself insulin, have a snack, and eat lunch.
- Where your diabetes supplies are stored, if you don't carry them, and who to contact when you need to use them.