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## Health Office Toolbox

### **Diabetes Awareness Program**

Diabetic ketoacidosis (DKA) is a life-threatening condition and is often the presenting symptom of newly diagnosed type 1 diabetes in youth. The symptoms of DKA are also symptoms that children who have the flu may experience and may be missed by healthcare providers. A delay in diagnosis of diabetes may lead to death. School nurses can take action and save lives, by increasing the school community's awareness of the signs and symptoms of type 1 diabetes. Access a [parent/guardian letter](#) and [poster](#) for your health room.

### **YOUR CHILD CAME TO THE HEALTH OFFICE TODAY**

Dear Parent/Guardian of \_\_\_\_\_,

Your child came to the health office today complaining of flu-like symptoms. We send this notice home to make you aware of the symptoms of diabetes. For a small number of children flu-like symptoms may be the first sign of diabetes, and we want you to be aware of what to look for.

#### **Symptoms of diabetes in children include:**

- Nausea
- Vomiting
- Feeling very tired
- Heavy, labored breathing
- Increased thirst and hunger
- Frequent urination and new bedwetting
- Sudden weight loss
- Blurred vision

If you notice that your child continues to complain of flu-like symptoms and has additional symptoms from the list above that seem to be getting worse, you may want to ask your pediatrician or healthcare provider to perform a simple blood and/or urine test to check for diabetes.

In most cases your child's complaints are caused by a virus, but I also want you to be aware of the less common symptoms that could be the first sign of diabetes. For further information or action to take, call your pediatrician or healthcare provider.

Sincerely,

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School Nurse