

Hot weather and diabetes

Stay cool to stay well!

Hot weather can put your health at risk.

When you have diabetes there are some extra risks, so staying cool can help you to stay well.

Tips to help you stay healthy when it is hot:

- ✓ **Drink enough water** throughout the day to stay hydrated.
- ✓ **Avoid being outdoors** in the hottest part of the day.
- ✓ **Always wear covered shoes** outdoors to protect your feet from burns.
- ✓ **Keep your home cool** by using air conditioning or fans, and by closing curtains and blinds.
- ✓ **If you monitor your blood glucose**, check regularly. Check more often if you feel unwell.
- ✓ **Keep medications and blood glucose monitoring equipment** out of the heat. The label on your medications tells you how to store them safely.
- ✓ **If you are using an insulin pump or continuous glucose monitoring**, ask your diabetes health professionals about how to use these safely when it is hot.
- ✓ **Have a sick day action plan.** Use this plan if you are unwell or have any signs of illness.
- ✓ **If you are at risk of hypoglycaemia** (also known as a hypo or low blood glucose), always have hypo treatment with you.
- ✓ **Have enough food, medications and diabetes supplies at home**, so you do not need to go out if it is hot.
- ✓ **Stay in touch with family and friends**, and contact someone if you feel unwell.
- ✓ **Talk to your doctor** or diabetes health professional about looking after your diabetes in hot weather.

Find out more

Go to ndss.com.au/hotweather or call the NDSS Helpline on **1800 637 700**. Watch a video about hot weather and diabetes by scanning the QR code.

