



1 Learn how to recognise hypos

Early signs can include fatigue, weakness, shakiness, sweating and confusion. Knowing how to spot and treat a hypo can be a life-saving skill.

2 Watch your language

Think about how the words you use might make someone feel about having diabetes. Don't label them as being "diabetic". Diabetes is a condition, not a "disease."



LISTEN.
LISTEN...

3 Be a friend

Living with diabetes can be hard. Be ready to listen if a friend wants to talk about it. You don't have to fix anything, just listen.

4 Do things with them

People with diabetes often feel better when they are active. Join them if they want to go for a walk or get involved in a physical activity or sport.



5 Enjoy healthy food

There is no food people with diabetes can't eat, but everyone feels better when they make healthy food choices. Think about healthy food to share.

6 Keep sugar nearby

Sometimes people living with diabetes need quick acting glucose (AKA sugar). Offer to keep some options like jellybeans and full sugar soft drink somewhere convenient.



Find out more!

