

# WARNING SIGNS of TYPE 1 DIABETES

**EXCESSIVE THIRST**

**FREQUENT URINATION**

**UNEXPLAINED WEIGHT LOSS**

**EXHAUSTION**

**ASK YOUR HEALTHCARE PROVIDER FOR A  
BLOOD SUGAR OR URINE TEST IMMEDIATELY.**

**UNTREATED TYPE 1 DIABETES CAN BE LIFE-THREATENING.  
SEEK EMERGENCY MEDICAL CARE IF YOU ARE EXPERIENCING:**

**FRUITY-SMELLING BREATH**

**NAUSEA**

**STOMACH PAIN**

**RAPID BREATHING**

**CONFUSION**

**DROWSINESS**

**MISTAKEN FOR**

**FLU, STOMACH VIRUS OR GROWTH SPURT**



   **@beyondtype1**  
**BEYONDTYPE1.ORG**

THE LEONA M. AND HARRY B.  
**HELMSLEY**  
CHARITABLE TRUST

  
**NASN**  
National  
Association of  
School Nurses