


# TOP TIPS FOR WORK

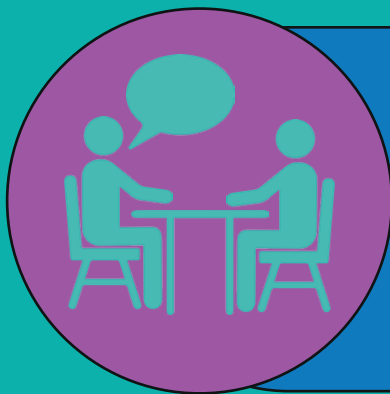
**TELL YOUR EMPLOYER YOU HAVE DIABETES SO THEY CAN MAKE REASONABLE ADJUSTMENTS**

**IT WON'T GO AWAY, BUT YOU CAN LIVE WELL WITH IT**



**T1D IS AN "UNSEEN DISABILITY" UNDER THE EQUALITY ACT 2010 WHICH MEANS YOU ARE PROTECTED AGAINST DISCRIMINATION AT WORK**

**DON'T EVER BE EMBARRASSED THAT YOU HAVE DIABETES.**



**YOU MAY WANT TO TELL SOME OF YOUR CLOSE COLLEAGUES YOU HAVE DIABETES AS SOMETIMES YOU MIGHT NEED THEIR HELP AND SUPPORT. YOU DON'T HAVE TO TELL EVERYONE**

