

I have Type 1 Diabetes

I use insulin injections

I use an insulin pump

I use a CGM

I may need to check
my phone

I may need to treat a
hypo in class

My alarms may sound

Emergency Contact on reverse

If I am unconscious please call 999 immediately



My name is:

When I am hypo I feel:

When I am hyper I feel:

Emergency Contact:
