

Stay Cool & Safe: Managing Diabetes in the Heat

Summer heat can pose unique challenges for people with diabetes. High temperatures can affect blood sugar levels, insulin storage, and overall health. It's important to be aware of these risks and take steps to stay safe.

If you need help accessing or understanding this information, contact:

AHS.VDHHPDPDiabetesTeam@vermont.gov

Why Heat Matters



- **Dehydration:** Heat increases the risk of dehydration, which can lead to higher blood sugar levels.
- **Insulin Sensitivity:** High temperatures can affect how your body uses insulin.
- **Medication Storage:** Heat can degrade insulin and other medications, reducing their effectiveness.

Emergency Preparedness



- Keep a list of emergency contacts handy.
- Inform friends and family about your diabetes management plan.
- Know the signs of heat related illness.
- Watch for symptoms like excessive sweating, rapid pulse, or nausea.
- Seek medical attention if you experience severe symptoms.

Stay Informed



- Consult your healthcare provider for personalized advice.
- Stay updated on weather forecasts and heat advisories.
- Be alert when the temperature is above 80°F and 40% humidity or greater.



HealthVermont.gov
802-863-7200



Stay Safe with These Tips:



Hydrate Regularly

- Drink plenty of water throughout the day.
- Avoid sugary drinks and alcohol, which can lead to dehydration.
- Include hydrating foods like fruits and vegetables.



Monitor Blood Sugar

- Check your blood sugar levels more frequently.
- Look for signs of high or low blood sugar, like dizziness or confusion.



Store Medications and Equipment Properly

- Keep insulin and other medications in a cool place.
- Use insulated bags or cool packs when traveling.
- Avoid keeping medical equipment in direct heat for long periods of time.



Dress for the Weather

- Wear lightweight, breathable clothing.
- Use hats and sunglasses to protect from the sun.



Plan Outdoor Activities Wisely

- Avoid strenuous activities during peak heat hours (10 AM - 4 PM).
- Take breaks in the shade or indoors.

Remember: Your health is a priority. Take steps to protect yourself from the heat while managing your diabetes effectively.

For more information, visit <https://www.cdc.gov/diabetes> or contact:
AHS.VDHPDPDiabetesTeam@vermont.gov