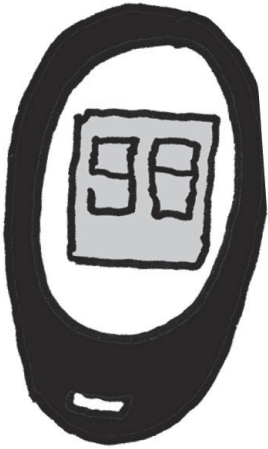


DRIVING WITH DIABETES

Driving safely is an important part of good diabetes care. Some simple driving tips can help you manage this challenge.

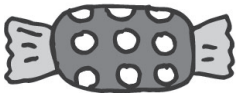


Always:

- Check your blood sugar before you get behind the wheel and every two hours on long trips
- Carry 15-gram fast-acting sugar snacks in case of a low blood sugar problem
- Pull over immediately if you have any signs (symptoms) of low blood sugar
- Treat a low blood sugar right away and wait 15 minutes to test your blood sugar before driving (if your blood sugar is still low, “treat and wait” again)
- Get regular eye exams to make sure you are a safe driver with good vision

Never:

- Drink and drive
- Drive if you are ill, under a lot of stress, or very upset
- Continue driving if you have a sudden low blood sugar problem while driving (talk to your doctor right away)
- Drive after you treat for a low blood sugar problem until your blood sugar is at or near normal



You are never alone when you drive. Other drivers (and passengers in your car) are counting on you to drive safely and to take good care of your diabetes.