

## Sick day rules

### Disclaimer

This guidance is developed for use by people with type 1 diabetes who have completed a 5-day face to face DAFNE course<sup>1</sup> and understand the principles of accurate carbohydrate counting and of insulin dose adjustment, so that their daily insulin doses are already balanced prior to following this guidance. The DAFNE programme assumes no responsibility or liability for any injury, loss, damage or expense that may be caused by any action, or lack of action, that may be taken as a result of using this guidance.

<sup>1</sup> delivered by appropriately trained and certified DAFNE educators.

\*BI = basal or background insulin

\*QA = quick acting insulin

