**Sugar tips**

High :

1- keep a candy

1- prevent sugary food

2- make sure you take your medicine in time

3- follow a diet according to your doctor's orders

4- make sure you do some exercise

5- you should repeat your sugar rate test twice a-week

\*And for insulin patients 3 times daily

Low :

1- keep a candy

1- you shouldn't  miss a meal after insulin intake

2- you should repeat your sugar rate test 3 times a day

3- in case of low blood sugar symptoms such as dizziness and sweeting you should seek medical help at once

4- follow up for regular checkup or complications