



## Diabetes (Type 1)

Diabetes is a disease in which blood glucose levels are above normal. Type 1 diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes.

### Symptoms

- Hypo/Hyperglycemia
- Decreased Stamina/Fatigue

### Accommodations

- Mini Refrigerators
- Periodic Rest Breaks
- Ergonomic Equipment

## Long COVID

Some people who have had COVID-19 can experience long-term effects, known as post-COVID conditions or Long COVID and its associated conditions.

### Symptoms

- Trouble Sleeping/Staying Awake
- Pain

### Accommodations

- Professional Organizers
- Fans
- Modified Break Schedule

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## TESTIMONIALS

John has worked with me for four years and always been a guiding light in our workplace. Our team felt more confident and capable with him in it. I have full faith that John can accomplish any task set before him, even in light of his disabilities.

- Jane Doe, Previous Employer

Even living with Diabetes his whole life, John has always been the kind of person to manage his time incredibly well and stay ahead of all of his job assignments.

- Joe Public, Fellow Employee and Friend