

## Type 1 diabetes

Information about type 1 diabetes, including signs and symptoms, getting diagnosed, managing your insulin, checking your blood glucose levels and living with the condition

[Newly diagnosed – things to help](#)

[Get support](#)

### [About insulin](#)

Learn about insulin, when to inject it and how to store it

### [Managing blood glucose levels](#)

Hypers and hypos, including what to do if your blood glucose levels are too high or too low

### [Counting carbohydrates](#)

Learn how counting carbs helps you manage your blood glucose levels

### [Living with type 1 diabetes](#)

Advice on avoiding complications of type 1 diabetes

## HSE Live - we're here to help

Monday to Friday: 8am to 8pm

Saturday: 9am to 5pm

Sunday: Closed

Bank holidays: Closed

Freephone: [1800 700 700](tel:1800700700)

From outside Ireland: [00 353 1 240 8787](tel:0035312408787)

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