

My Diabetes ID card

I HAVE DIABETES AND AM ON INSULIN.

My Name:

My Address:

In an Emergency, please contact

Name & Number:.....

Name & Number:.....

Doctor's Name & Number:

Ambulance No:.....

If you find me behaving unusually or if I am unconscious, it is because I have diabetes, and my blood sugar is low. **If I am responding and able to swallow**, please put the toffee/sugar taped to this card in my mouth, and call the numbers given on the other side.

If I am unconscious or having fits

- **Make me lie down on my left side.**
- **DO NOT FORCE-FEED ME.**
- **Rush me to the nearest hospital** because I need a glucose injection directly into my blood.