

## Staying Safe during Sick Days

When we get sick and have symptoms like vomiting, diarrhea, fever, excessive exposure to heat/humidity without drinking enough, we could be at risk of dehydration. Here are a few tips to help you stay safe during sick days:

### PREVENT GETTING DEHYDRATED

- Drink plenty of fluids (unless otherwise advised by your physician)
- Limit caffeine (coffee, tea and soda drinks) which increases risk of dehydration



### IF YOU HAVE DIABETES:



#### **Drink** fluids with minimal sugar

- Electrolyte replacement solutions (such as Gastrolyte®, Hydralyte®, Pedialyte®), clear soups or broths, water, diet soda (e.g. diet ginger-ale), watered down apple juice



#### **Prevent** low blood sugar (hypoglycemia). If you cannot eat your usual foods, try any of the following foods, each containing about 15g of carbohydrates:

- 1 cup milk\*
- $\frac{2}{3}$  cup juice
- $\frac{1}{2}$  cup apple sauce
- $\frac{1}{2}$  cup regular Jell-O
- $\frac{1}{2}$  cup flavoured yogurt\*
- 1 twin popsicle
- $\frac{1}{2}$  cup ice cream\* or sherbet
- $\frac{2}{3}$  cup regular soft drink (avoid caffeinated drinks)
- $\frac{1}{4}$  cup pudding or  $\frac{1}{2}$  cup sugar-free pudding

*\*Consider avoiding these foods if vomiting or diarrhea*

### CAN I CONTINUE TAKING MY MEDICINES IF I AM SICK?

If you are not able to drink enough fluids for more than 24 hours, you may need to stop taking some of your medicines. Some medications may hurt your kidneys if you continue to take them while being dehydrated.

Speak to your pharmacist/doctor if you take any of these types of medicines:

- Blood pressure pills
- Water pills
- Diabetes pills
- Pain medicine
- Non-steroidal anti-inflammatory drugs

**If you are not sure if you take any of these medicines,  
speak to your pharmacist, doctor, or nurse.  
RESTART these medications when you are eating and drinking normally.**