



## T1ToGo Tool: Preparing for Sick Days at College

- Make a formal appointment at the chosen clinic**  
*(Make this appointment the first week of school)*
    - Meet the staff and doctor(s)
    - Establish a patient file
      - Provide your own medical profile history sheet created by your parents
        - Include the following:
          - Home doctor's information
          - List of medications/doses
          - Emergency contacts
          - \*Keep a copy in your dorm also
- Fill out the HIPAA paperwork**
  - Include parents/caregivers
  - Parents do not have access without this signed
    - Learn more about [HIPAA](#) @ T1ToGo
- Introduce yourself and notify staff about T1D**
  - Make sure they understand [Signs of DKA](#)
- Ask for a primary contact person at clinic**
  - Utilize this person to obtain appointments when clinic is full – they will make room for T1Ds!
  - Notify your clinic contact that HIPAA paperwork includes your parents/caregiver.
    - T1D Team is essential on sick days!!!



**T1TG Tool: "College Sick Days"** available @ [www.Type1ToGo.com](http://www.Type1ToGo.com)

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Always consult your doctor for medical advice.

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## T1ToGo Tool: Preparing for Sick Days at College

- Keep a Sick Day Kit in your dorm room**
  - Print a [Sick Day Kit](#) List from T1ToGo
    - Medicines
    - Foods
- Know the [Signs of Diabetic Ketoacidosis](#)**
  - Do not wait for treatment
    - DKA can be deadly
    - Seek treatment immediately
- Communicate and seek assistance**
  - Notify doctor and seek medical advice\*
  - Ask for help: Roommates/friends/Resident Assistant
    - Bring food to the room
    - Monitor your condition
    - Take you to the doctor/pharmacy
    - Communicate with parents on condition
  - Notify your parents
    - They can monitor your progress
    - Remember they are part of your T1D Team!
    - Parents: Set up an UBER account to take student to the doctor. Remove all excuses for help when needed.

It is very important that you communicate with your medical team for all medical advice during an illness.



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