

AISD

Back to School: Diabetes Checklist

1. Emergency Contacts

- Parent(s) or guardian(s) with phone numbers
- Backup emergency contact (relative or trusted friend)
- Primary care doctor and diabetes specialist contact info

2. Medical & Diagnosis Information

- Written diabetes management plan (Individualized Healthcare Plan or 504 Plan)
- Date of diabetes diagnosis
- Type of diabetes (Type 1 or Type 2)
- Usual insulin and medication details
- Typical symptoms of high and low blood sugar for your child
- Blood sugar target range

3. Supplies to Send

- Glucose meter or CGM (if used), with instructions
- Test strips and lancets
- Insulin and delivery method (pens, syringes, or pump supplies)
- Glucagon emergency kit
- Fast-acting sugar (juice boxes, glucose tablets, small candies)
- Snacks and carb-counted lunch items
- Water bottle

4. Action Plans

- What to do for low blood sugar (hypoglycemia)
- What to do for high blood sugar (hyperglycemia)
- Steps to take in case of emergency (including calling 911 if needed)
- Instructions for substitute teachers or school bus drivers

Parent's Signature: _____

Parent's Printed Name: _____

Date: _____