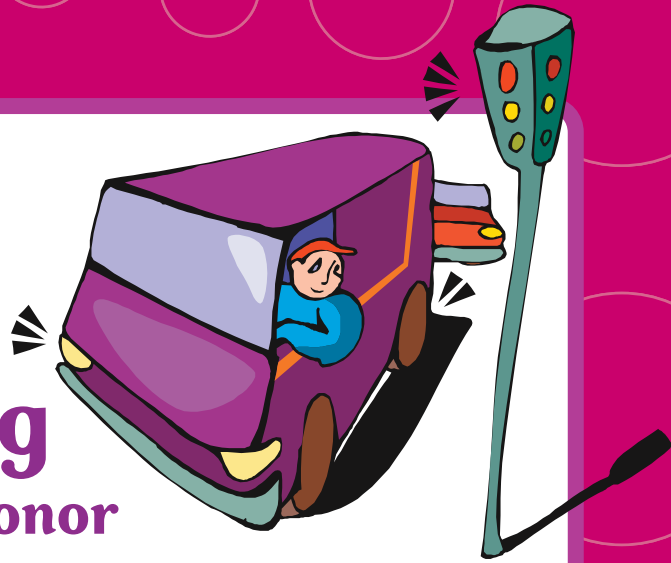


TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Driving An Earned Honor



Turning 16 years old does not mean that you now may drive.

Everyone must show that they have the skills to drive. Taking a test will show that you have the skills to drive.

Everyone should show they are a responsible driver.

How can a driver be responsible?

- ▶ Watch out for other drivers
- ▶ Follow the rules of safe driving
- ▶ Obey the laws of driving
- ▶ Know when it is safe to get behind a steering wheel

How does a person with diabetes know when it is safe to drive?

- ▶ Test blood sugars before getting in a car
- ▶ Be sure blood sugar is within target before driving

What should a person with diabetes do while driving to be safe?

- ▶ Carry extra food for long trips
- ▶ Carry several things to treat a low blood sugar
- ▶ Always have your meter and testing supplies in the car with you
- ▶ Pull to the side of the road if having signs of a low blood sugar

Travel with a friend. It can increase your safety and be a lot of fun!



REMEMBER:

- ▶ NEVER DRINK AND DRIVE
- ▶ ALWAYS WEAR A SEAT BELT
- ▶ ALWAYS WEAR A MEDICAL ID

Driving...

I hope to start driving at the age of _____.

The things I need to do before I can start driving:

Consider driver's training, _____

I can show I am a responsible driver by:

Using turn signals to turn a corner, _____

Things I need to do to be a responsible driver with diabetes.

Test blood sugars before getting in a car, _____

I always wear two things when driving:

1. _____
2. _____

A responsible driver would never _____ and drive.