



Diabetes Etiquette 101

A Guide for People Who Don't Have Diabetes

Do	Don't	Why
Do offer me encouragement	Don't look at or comment about my blood glucose numbers without asking	This is personal information, like a bank statement
Do support my efforts of self-care and management	Don't offer thoughtless reassurance or comments	I spend a lot of time and effort on taking care of my diabetes
Do ask me how you can help	Don't look scared or horrified when I check my blood sugars or give myself an injection	These are very natural behaviors for me. I'm using an alternate method for something that your body does automatically
Do join and support me in making healthy lifestyle and behavior changes	Don't tell me horror stories about friends or family or other people with diabetes that you have heard about	Everyone is different. I put a lot of effort into my diabetes care in order to prevent complications.
Do acknowledge and appreciate that managing diabetes is hard work	Don't offer unsolicited advice about my eating, physical activity or other aspects of diabetes	I have learned how to manage my food intake and physical activity to fit my lifestyle and keep my diabetes under control