

# KNOW THE '4 T'S' OF TYPE 1 DIABETES - IT COULD SAVE A CHILD'S LIFE

It's really important to be able to spot the most common symptoms of type 1 diabetes early.

Unfortunately, we know that too many people – mostly children and young people – are not diagnosed until they are in diabetic ketoacidosis (DKA), a life-threatening condition that requires urgent medical attention.

Early action is important and it's good to know the '4 T's' of type 1 diabetes:

**TOILET** – GOING TO THE TOILET A LOT.

**THIRSTY** – BEING VERY THIRSTY AND UNABLE TO QUENCH THE THIRST.

**TIRED** – FEELING MORE TIRED THAN USUAL.

**THINNER** – LOSING WEIGHT OR LOOKING THINNER THAN USUAL.



If you notice these signs and symptoms, you should contact your doctor **straight away**.

## IF YOU WOULD LIKE SUPPORT...

Join our 'Friends of the North' Diabetes UK Facebook group where you can find peer support and the latest information from Diabetes UK, locally and nationally: [Diabetes UK chat: Your Friends in the North | Facebook](#)

Or use your mobile phone to scan the QR code:



Contact us:

**North of England team: 01925 653281**

**Diabetes UK Helpline: 0345 123 2399** (Mon-Fri, 9am-6pm)

## FOR MORE INFORMATION...

If you would like copies of the poster or the A5 leaflets, please contact [north@diabetes.org.uk](mailto:north@diabetes.org.uk).

For more information about Diabetes UK visit [www.diabetes.org.uk/The4Ts](http://www.diabetes.org.uk/The4Ts)

We have resources to help you support pupils who have type 1 diabetes. Find out more about how we can support schools and our resources to help [Diabetes in schools resources | Diabetes UK](#)

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.