

Owatonna Public Schools

Health Service Office

Letter to Your Coach/Physical Education Teacher

Date _____

Dear _____

My name is _____ and I may be in your Physical Education class or participating in the sports activities that you coach or supervise. You need to know that I have diabetes. Diabetes is not contagious and should not affect my ability to participate actively in sports. However, there are a few facts about diabetes that may be helpful for you to know.

With diabetes, my pancreas does not make insulin. Without insulin, my blood glucose rises. I take insulin injections to keep my blood glucose in a more normal range. I also follow a special meal plan and test my blood glucose frequently using a meter.

Exercise usually lowers my blood glucose. To prevent the blood glucose from falling too low, I often need to eat something just before the activity. Even if I eat something, it is still possible that my blood glucose will start to decrease. I usually know when this happens. I may feel weak, sweaty, shaky, or hungry. If this happens either call the health office nurse and/or escort the student to the health office. With treatment, the symptoms usually go away within 10 minutes.

However, I may not always be aware of low blood glucose symptoms. If I seem confused or not acting myself, either call the health office nurse and/or escort the student to the health office right away. If I become unresponsive, call 911 and the school health office.

If you have any questions or concerns, talk to me, my parents or the school nurse. Use the numbers listed below:

Nurse:

Parent(s) Name(s):

Home Phone Number(s):

Work Phone Number(s):

Alternate person to call I an emergency:

Name:

Relationship:

Phone Number:

Sincerely,
