

# What's the point of a new needle?

It matters more than you may realize.

## Use a new pen needle for every injection.

- To avoid clogging of the needle
- To avoid bending and breaking
- To keep injection sites healthy
- To increase injection comfort

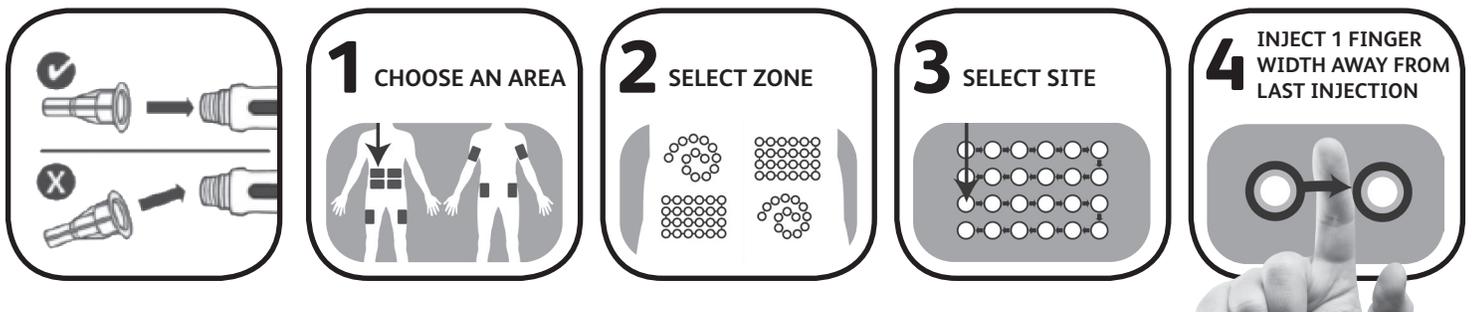
## Properly rotate injection sites.

- To keep injection site healthy
- To reduce the amount of unexplained ups and downs in blood glucose
- To reduce the chance of developing hardened lumps beneath the skin which can affect insulin absorption

Potentially  
**improve  
insulin  
absorption**

**Protect  
your skin**

**Injection  
comfort**



With every injection, **just two small steps** can make a difference:

- 1. replace your needle.**
- 2. rotate injection sites.**

# Protect against the flu

It matters more than you may realize.

In Canada, seasonal flu activity can begin as early as October and continue as late as May. Peak flu season is in a 10 to 16 week period that usually starts in December. Between 10% and 20% of the population will get the flu.

## To avoid getting sick

- Get your flu vaccination
- Wash your hands often
- Cover your mouth and nose when you cough or sneeze
- Avoid touching your face
- Stay at home when you are sick

**People with diabetes are at higher risk of complications from the flu**

# Sick Day Management Tips

- Prepare a plan for sick days in advance. Work with your doctor, or a diabetes educator.
- Drink fluids
- Check your blood sugar
- Never skip your insulin or medication (consult your doctor or diabetes educator)
- Check your blood or urine for ketones

## You may have the flu if you experience:

Fever	Chills
Cough	Runny eyes
Stuffy Nose	Sore throat
Muscle Aches	Headache
Extreme weakness and tiredness	Some people may have vomiting and diarrhea