

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 [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.

For more information about Diabetes UK visit 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
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