

Safe Driving: Managing Your Diabetes to Stay Safe behind the Wheel

- Be Prepared! Always have supplies to check your blood sugar and treat a low blood sugar in the car with you
- Check your blood sugar right before driving
- **Do not** drive if your blood sugar is under 100 mg/dL
 - If you have a low blood sugar before driving:
 - treat the low blood sugar
 - recheck blood sugar in 15 minutes
 - Do not start to drive until your blood sugar is above 100 mg/dL and you feel well
- Keep good control of your diabetes
 - check your blood sugar at least 4 times per day
 - take your insulin as prescribed by your doctor
- Driving when low can be as dangerous as driving drunk
- The DMV will be notified of unsafe driving habits.

