

# 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 and the latest information from Diabetes UK, locally:  
[Friends in the North | Facebook](#)



where you can find peer support locally: [Diabetes UK chat: Your](#)

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 |](#)

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**KNOW DIABETES. FIGHT DIABETES.**