

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?



We call them the **4Ts**. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. **If you're experiencing any of the 4Ts, ask your doctor for a test immediately.**



Scan the QR code or visit diabetes.org.uk/the4Ts