

# Staying Safe on the Road with Diabetes

Diabetes can make it harder to stay safe on the road. Day to day, high or low blood sugar can lead to feeling shaky, confused, dizzy, drowsy, blurred vision, and seizures. Over time, diabetes can lead to loss of vision and feeling in your hands or feet.

## Have you noticed changes with how easily you can:

- Stay in your lane while driving
- Press the brake pedal to stop
- Use pressure on the gas pedal to control your speed
- Focus and stay alert on the road
- See signs and others on the road (cars, bikes, walkers, motorcycles)
- Manage your blood sugar levels throughout the day

If you have noticed any of these changes, diabetes may be affecting your ability to stay safe on the road. But you can take action to keep driving safely.

## What you can do to stay safe on the road:

- Check your blood sugar before driving.
- Pull over to check your blood sugar if it feels high or low.
- Bring your medicine and snacks (glucose tablets, juice box).
- Talk to your doctor about numbness in your hands or feet.
- Get eye exams every year.

## Make Your Plan to Stay Safe on the Road

Think about the changes you noticed above and choose one action to help you stay safe on the road. For example, keeping snacks in your car or checking your blood sugar before you drive.

I will: \_\_\_\_\_

Here are some extra tips to reach your driving safety goals:

- Keep track of how you are doing and review your symptoms often.
- Do not be afraid to ask your friends, family, or a professional for help.
- Remember that it is okay to adjust your plans if you need to.

## Learn more:

- National Highway Traffic Safety Administration video, [Driving with Diabetes](#)