



East of England Children and Young People's Diabetes Network  
Box 280 The Weston Centre  
Addenbrooke's Hospital  
Hills Road  
Cambridge  
CB2 0QQ

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**Dear School Lead,**

I am contacting you to request that an important health message is cascaded to all families through your schools' communication systems.

Hospitals in the East of England wish to inform the public that despite the Coronavirus situation, services are still 'open for business'. NHS services are very well equipped to look after patients safely if they are unwell. We know that in other regions there have been cases where parents didn't contact health services until it was too late.

It is important for all parents to know the signs and symptoms of undiagnosed Type 1 diabetes in children, which is a medical emergency. If parents notice **ANY** of the key symptoms of Type 1 diabetes, they need to make an **urgent** GP appointment, or contact their Out of Hours service.

The main symptoms of Type 1 diabetes are called the 4 Ts:

**THIRST** (often all the time)

**TOILET** (needing to urinate more often)

**TIREDNESS**

**THINNER** (losing weight)

On the following page we have included a pre-prepared message which we would greatly appreciate all schools, both primary and secondary, to communicate urgently to parents.

Information about the signs and symptoms of all types of diabetes can be found here:

<https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms>

Many thanks in advance.

Matt Williams

Chair – East of England Children and Young People's Diabetes Network



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**Dear Parents,**

The NHS has asked for this message to be sent out to you.

Undiagnosed Type 1 diabetes in children requires urgent medical attention.

If your child has **ANY** of the main symptoms of Type 1 diabetes please make an **urgent** GP appointment or contact the Out of Hours service. The main symptoms are known as the 4 Ts – Thirst, Toilet, Tiredness, Thinner. If you notice your child is thirsty or using the toilet more frequently, is always feeling tired, or has lost weight recently, seek immediate medical advice.

NHS services are very well equipped to look after children safely if they are unwell. Please do not delay seeking medical advice because of Covid-19.

There is more information available here:

<https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms>