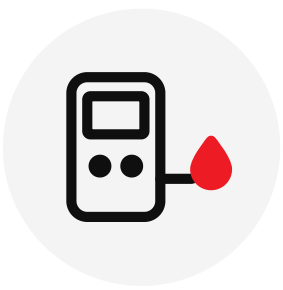
14 NOVEMBER · WORLD DIABETES DAY

THIRSTY?
TIRED?
GET TESTED.



1



TEST

Type 2 can be quiet for years. A test is the only way to know.

2



EAT WELL, MOVE MORE

A healthy diet and regular activity lower your risk.

3



STOP SMOKING

No tobacco helps prevent type 2 diabetes.

WARNING SIGNS



Very thirsty



Passing urine often



Blurred vision



Tiredness



Weight loss without trying

Ambulance from a landline	**10177**	Emergency from a cellphone	**112**

Care Net clinics are not emergency services. In an emergency, call these first.

To arrange a health check, speak to: _____

WORLD DIABETES DAY: 14 NOVEMBER.

CARE NET CONSULTANTS
Your Partner in Workplace Health

Sources: WHO diabetes fact sheet; South Africa Demographic and Health Survey 2016; Western Cape Government emergency numbers.

General health information only, not medical advice. Speak to a healthcare professional about your own health.