

# DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

**T** OILET

**T** HIRSTY

**T** IRED

**T** HINNER



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 blood test immediately. It only takes seconds, but it could save your life.**

**For more information, scan the QR code or visit [diabetes.org.uk/the4Ts](https://diabetes.org.uk/the4Ts)**



**DIABETES UK**  
**KNOW DIABETES. FIGHT DIABETES.**

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