

# Hypoglycemia (Low Blood Sugar)

**Causes**  
 Not enough food or delayed food  
 Too much insulin  
 Unscheduled exercise

**Symptoms**

Shaky	Confused	Dizzy
Sweaty	Pale	Hungry
Clammy	Tired	Headache
Disoriented	Irritable	Sleepy
Uncoordinated	Weak	

**Action Necessary**  
 Check blood glucose

**Mild/Moderate**

- Self-treatment or **assistance provided** in accordance with Diabetes Care Plan
- Take 3 glucose tabs or 4-6oz of juice, regular soda or 15 grams of sugar
- Recheck blood glucose 15-20 minutes after treatment
- Repeat treatment if blood glucose remains low or if symptoms persist
- Provide carbohydrates

**Severe Symptoms**  
 (Rare, but could be life threatening if not treated promptly)

- Inability to swallow
- Seizure
- Unconsciousness

- Give Glucagon per Diabetes Care Plan
- Do not give anything by mouth
- Position on side
- Call 911 and parent
- Remain with student



This resource should not replace the advice of a qualified health care provider.  
 If you wish to adapt or change this guide to fit your needs, please remove this credit line.



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 For more information or to order additional supplies call 1-800-852-3345 x5173 or 603-271-5173