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