

IN-RANGE BLOOD SUGAR IS BETWEEN

&



SYMPTOMS

Signs of low blood sugar are often (but not limited to): confusion, shakiness, impaired coordination, slurred speech, sweating, weakness, irritability, dizziness, hunger.



ACTIONS

In the case of low blood sugar, please give: fast acting sugar (small juicebox, glucose tablets, smarties, skittles).



CAUSES

TOO MUCH INSULIN • TOO MUCH ACTIVITY • TOO LITTLE FOOD FOR THE AMOUNT OF INSULIN TAKEN
Immediate threat that could lead to severe hypoglycemic reaction (seizure/death)



SYMPTOMS

Signs of high blood sugar are often (but not limited to): Lethargy, crankiness, dry throat, thirst, frequent need to use the bathroom.



ACTIONS

In the case of high blood sugar, please do the following: _____



CAUSES

TOO LITTLE INSULIN • TOO MUCH FOOD • LESS ACTIVITY THAN USUAL
Long term health complications over time

SYMPTOMS

Inability to comprehend, loss of consciousness, unresponsiveness, seizures, inability to ingest food.

**URGENT
LOW
BLOOD SUGAR
< 40**

ACTIONS

In the case of an urgent low blood sugar resulting in unresponsiveness, use Glucagon and call 911 right away.



TESTING AND TREATMENT SUPPLIES ARE LOCATED :

SPECIAL ACCOMODATIONS



MUST HAVE ACCESS TO FOOD
AND DRINKS AT ANY AND ALL TIMES.



MUST ALLOW THEM TO USE THE
BATHROOM FOR HIGH BLOOD SUGARS.

RULES OF THUMB

After treating a low blood sugar wait **15** minutes
before treating with more carbs.

If the sensor has a low reading after treating a
low blood sugar twice (over a half hour period), follow up
with a finger stick before treating with more carbs.

Food to bring up a low blood sugar should be fast acting
carbohydrates without fat and protein such as juice, skittles,
smarties, etc. Candy, cake, ice cream, etc. are not good to
give during a serious low blood sugar because it
will take the body too long to absorb the glucose needed.

Anytime carbohydrates are eaten (outside of low blood
sugars), appropriate amount of insulin **MUST** be given.