

# IN-RANGE BLOOD SUGAR IS BETWEEN

**70 & 180**



## 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.