

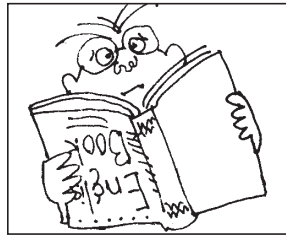
DIABETES

LOW BLOOD SUGAR

This is also called hypoglycemia or an insulin reaction! Affects diagnosed students only. Children do not always recognize that they are low! One or more of these symptoms may indicate low blood sugar.



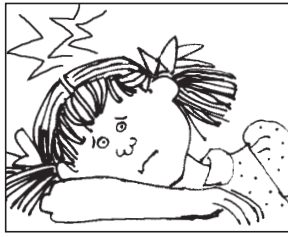
• Hungry, irritable



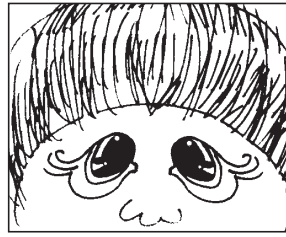
• Incoherent, spacey



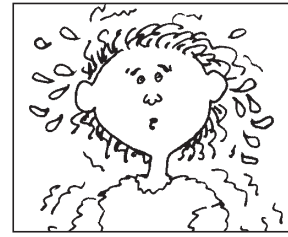
• Mood changes



• Inattentive, drowsy, headache



• Glassy eyes, dilated pupils



• Sweaty, shaky, clammy, pale

HOW TO MANAGE LOW BLOOD SUGAR: DO NOT LEAVE ALONE, USE BUDDY SYSTEM!

What to do:

- 1) Eat 15 grams of glucose
OR 1 tablespoon of sugar, honey, or corn syrup
- 2) Wait 15 minutes & repeat blood sugar check
- 3) Repeat steps 1 & 2 until blood sugar is within range.

**IF SEVERE REACTION — SEIZURE OR UNCONSCIOUS, CALL 911
DO NOT GIVE INSULIN!**

HELP A CHILD!

KNOW THE SIGNS OF HYPERGLYCEMIA!

HIGH BLOOD SUGAR

(Can affect either diagnosed or undiagnosed students)

- **EXTREME THIRST**
- **FREQUENT URINATION**
- **BEDWETTING**
(Previously controlled)
- **WEIGHT LOSS**
- **IRRITABILITY**

(Changes in personality or behavior; cries easily, etc.)

WHAT TO DO:

1. Contact school nurse and parent.
2. Refer child to doctor.

For diagnosed student, check to see if insulin has been taken. Allow bathroom and drinking privileges. Do not force physical activity.



For more information or to request additional copies of this card contact:

Children's Diabetes Foundation
4380 South Syracuse Street, Suite 430
Denver, CO 80237
Office: 303-863-1200 or 800-695-2873
Fax: 888-296-1050
www.ChildrensDiabetesFoundation.org

Barbara Davis Center for Diabetes
University of Colorado at Denver
and Health Sciences Center
Office: 303-724-2323
www.BarbaraDavisCenter.org