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:

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