QUICK REFERENCE EMERGENCY PLAN
HYPOGLYCEMIA
(Low Blood Sugar)

Student Name _____

School_____ **Teacher/grade**_____

Mother/Guardian _____ **Father/Guardian** _____

Phone(s)_____ **Phone(s)**_____
Home Work Cell **Home Work Cell**

Trained Diabetes Personnel _____ **Contact Number(s)**_____

NEVER SEND A CHILD WITH SUSPECTED LOW BLOOD SUGAR ANYWHERE ALONE.

Causes of Hypoglycemia
- Too much insulin
- Missed food
- Delayed food
- Too much or too intense exercise
- Unscheduled exercise

Onset
- Sudden

Symptoms

Mild
- Hunger
- Sweating
- Shakiness
- Drowsiness
- Weakness
- Personality change
- Paleness
- Anxiety
- Inability to concentrate
- Dizziness
- Other:_____ _____

Circle student's usual symptoms.

Moderate
- Headache
- Blurry vision
- Behavior change
- Weakness
- Poor coordination
- Slurred Speech
- Confusion
- Other _____ _____

Circle student's usual symptoms.

Severe
- Loss of consciousness
- Seizure
- Inability to swallow

Circle student's usual symptoms.

Actions needed
Notify School Nurse or Trained Diabetes Personnel. If possible check blood sugar, per Diabetes Medical Management Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA

Mild
- Student may/may not treat self.
- Provide quick-sugar source.
  3-4 glucose tablets
  or
  4 oz. juice
  or
  6 oz. regular soda
  or
  3 teaspoons of glucose gel
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than

_____mg/dl / mmol/L.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

Moderate
- Someone assists.
- Give student quick-sugar source per MILD guidelines.
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than

_____mg/dl / mmol/L.
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

Severe
- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Contact school nurse or trained diabetes personnel.
- Administer glucagon, as prescribed.
- **Call 911.**
- Contact parents/guardian.
- Stay with student.

Adapted from Helping the Student with Diabetes Succeed, a guide from the U.S. Dept. of Health and Human Services. – August 2007