# Causes of Hypoglycemia
- Too much insulin
- Missed food
- Delayed food
- Extra exercise
- Excitement

## Onset
- Sudden

## IF SYMPTOMS –TAKE ACTION
- Check blood glucose if possible. Treat if below 70
- Always treat if in doubt or blood sugar is unavailable.
- Never leave unattended.
- Always send to clinic accompanied by responsible person.
- If away from school, call parent to inform of situation and

## MILD (alert)
- Hunger
- Shaky
- Irritable
- Dizzy
- Anxious
- Sweating
- Crying
- Pale
- Personality change
- Tired, Drowsy • Spacey

### MILD
- Treat = provide sugar source
  - 3-4 Glucose Tablets OR
  - 4-6 Ounces juice OR
  - 4-6 Ounces regular soda OR
  - Glucose gel/icing
- Wait 10 – 15 minutes
- Retreat if symptoms persist or Blood Glucose under 70
- Provide snack of Carbohydrate, protein (e.g. cheese & crackers)

## MODERATE (not alert)
- Confusion
- Slurred speech
- Poor coordination
- Behavior changes

### MODERATE
- Treat = provide sugar source
  - Glucose gel/icing
- Wait 10 – 15 minutes
- Retreat if symptoms persist or Blood Glucose under 70
- Provide snack of Carbohydrate, protein (e.g. cheese & crackers)
- Contact parent/guardian

## SEVERE
- Seizure
- Loss of conscious
- Unable to swallow
- Combative

### SEVERE
- Call 911
- Position on side
- Disconnect pump if present.
  *For Seizure or unconscious give:*
  - Glucagon – if ordered & if staff delegated to administer the Glucagon is present.
  - Contact parent/guardian