LOW BLOOD SUGAR

Symptoms to watch for:
- cold sweats
- paleness
- faintness, dizziness
- headache
- blurred vision
- hunger
- sleepiness or inability to awaken
- grumpiness
- personality changes

Causes:
- too much insulin
- not enough food
- unusual amount of exercise
- delayed meal

What to do:
- Take 2-3 Glucose Tablets (4-5g per tablet), liquids or food containing sugar like orange juice or regular soda.
- check blood sugar level
- do not give extra insulin
- do not give anything by mouth if unconscious
- if unconscious, call 911 [give Glucagon according to Health Plan or package instructions]
- call parents

LOW BLOOD SUGAR

Symptoms to watch for:
- increased thirst and urination
- large amounts of sugar in the blood
- ketones in urine
- fatigue
- reaction to pain

Causes:
- not enough insulin
- too much food
- infection, fever, illness
- emotional stress/excitement
- reaction to pain

What to do:
- parents or ________ immediately according to Health Plan
- take fluids without sugar if able to swallow
- test blood sugar frequently
- test urine for ketones
- if stated in Health Plan, administer insulin
- call parents

HIGH BLOOD SUGAR

Symptoms to watch for:
- weakness, pains in stomach, aching all over
- heavy, laboured breathing
- loss of appetite, nausea and vomiting

Causes:
- too much insulin
- not enough food
- unusual amount of exercise
- late meal

What to do:
- Take 2-3 Glucose Tablets (4-5g per tablet), liquids or food containing sugar like orange juice or regular soda.
- check blood sugar level
- do not give extra insulin
- do not give anything by mouth if unconscious
- if unconscious, call 911 [give Glucagon according to Health Plan or package instructions]
- call parents