LOW BLOOD SUGAR

Some symptoms to watch for:
- cold sweats
- paleness
- faintness, dizziness
- headache
- pounding of heart, trembling, nervousness
- blurred vision
- hunger
- sleepiness or inability to awaken
- grouchiness
- 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
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