

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

LOW BLOOD SUGAR