

SIGNS AND SYMPTOMS OF *Hypoglycemia*

Low Blood Sugar



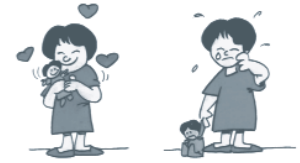
sweating



trembling



dizziness



mood changes



hunger



headaches



blurred vision






extreme tiredness and paleness


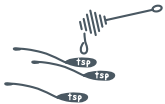
EMERGENCY TREATMENT FOR *Hypoglycemia*

Give Sugar Immediately

LOCATION OF SUGAR TREATMENT ON STUDENT OTHER _____

SELECT ONE TREATMENT FROM THE FOLLOWING:

- ◆ 4 oz. (125 mL) of fruit juice/drink (junior juice box) 
- OR
- ◆ 4 oz. (125 mL) of regular pop (not diet pop) 
- OR
- ◆ 2-4 glucose tabs 

- OR
- ◆ 2-3 tsp. (10-15 mL) of sugar (2-3 packets) 
- OR
- ◆ 2-3 tsp. (10-15 mL) of honey 

Wait 10 to 15 minutes. If there is no improvement, repeat the above treatment.

DO NOT LEAVE THE STUDENT ALONE.

If the student is unconscious, having a seizure or unable to swallow, do not give food or drink.

- ◆ Roll the student on his/her side
- ◆ Call 9-1-1 or emergency medical services
- ◆ Inform parents or guardians

Please update annually or as needed.

PARENT h _____ w _____ date _____

PARENT h _____ w _____ date _____

OTHER _____

Student's name: _____

Class: _____

Know who to turn to



PHOTO OF STUDENT