

**TREATMENT OF SUSPECTED LOW BLOOD SUGAR**  
 (Diabetes Alert Card for teachers, child care providers and school nurses)

**Symptoms:**

- |                                     |                           |
|-------------------------------------|---------------------------|
| * Shakiness/Dizziness               | * Heart Beating Fast      |
| * Hunger                            | * Pale                    |
| * Fatigue/Sleepiness/Weak           | * Headache/Stomachache    |
| * Behavior/Personality change       | * Sweatiness              |
| * Irritability/Crying for no reason | * Hard time concentrating |
|                                     | * Confusion               |

**If unable to swallow:**

**If unable to check blood sugar:**

**Check blood sugar if possible**

Give Glucagon Injection

If Glucagon is not available, call 911

**If BG 50-70: administer 15 grams of carbohydrate**  
**If BG < 50, administer 30 grams of carbohydrate**


15 grams of carbohydrate =

Any Juice (1/2 cup)	Graham Crackers (3 sq.)
Juice Box (4 oz)	Skim Milk (1 cup)
Cake Frosting Tube (1 sm)	Saltine crackers (6)
Regular Pop (1/2 cup)	Glucose Gel (1 tube)
Glucose Tablets (3 tabs)	Lifesavers (5 candies)

**After 15 minutes:**

Check blood sugar again and continue to observe for improvement. Give more carbohydrates if symptoms not improving and blood sugar remains below 70.  
 May need additional food (cheese/peanut butter and crackers; 1/2 sandwich; or a glass of milk) if child will be active or the next meal is more than 2 hours away.

**Nurses:** Document time, duration and treatment  
**Teachers:** stay with child and observe. May sent home if child requests.

<p align="center">U.P. Diabetes Outreach Network                  Strengthening Diabetes Care &amp; Prevention                  in Upper Michigan since 1985                  (906) 228-9203                  www.diabetesinmichigan.org</p>	
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# What Causes Low Blood Sugar Reactions?

- \* Too much insulin
- \* Not enough food
- \* Eating lunch (or snack) later than usual
- \* Extra activity

## Preventing Low Blood Sugar is Best!

<b>Prevention Tips:</b>	
Lunch periods should be at the same time every day.	Exercise is better after lunch. If exercise is before lunch or late afternoon, a snack or juice may be needed.
Prior to field trips/field days, remind children with diabetes to bring an extra snack before going out.	Contact parents of children with diabetes when a school party or special occasion is planned to check if the child needs to bring a special snack or can eat what is served.
Times that need extra snacks: Fitness training or "unexpected" exercise. Girls who have their menstrual periods.	If child does not eat all of his/her lunch, extra juice or milk may be needed.

# Treatment of Suspected High Blood Sugar:

## **Signs and Symptoms:**

- |                                |                                  |
|--------------------------------|----------------------------------|
| * Irritable                    | * Frequent Trips to the Bathroom |
| * Disoriented and Confused     | * Nausea/Vomiting                |
| * Dry, Flushed Skin            | * Increased Appetite             |
| * Dehydration/Excessive Thirst | * Itching                        |
| * Labored or Heavy Breathing   | * Tiredness and Weakness         |
| * Fruity Breath                | * Visual Problems—Blurred Vision |

## **Treatment:**

Check blood glucose levels, if possible.	Insulin dose may need adjustment.
Notify parent.	Child will need to use the bathroom often.
Child should be given additional water to drink.	Observe child for breathing problems and abdominal pain.