

Hypoglycemia (Low Blood Glucose)

Emergency Plan for a Student with Diabetes

Student's Name _____

Grade/Teacher _____

Date _____

Emergency Contact Information:

Mother/Guardian _____

Father/Guardian _____

Home Phone: _____

Home Phone: _____

Work Phone: _____

Work Phone: _____

Cell Phone: _____

Cell Phone: _____

Causes of Hypoglycemia

- Too much insulin
- Delayed food
- Missed food
- Exercise

Symptoms

Mild to Moderate

- Hungry
- Irritable
- Headache
- Sweaty
- Shaky
- Weak
- Blurred vision
- Anxious
- Other

Parent to circle usual symptoms

Severe

- Loss of consciousness
- Inability to swallow
- Seizure

Actions

- Never send a student with suspected low blood glucose anywhere alone.
- Notify school nurse or trained personnel.
- If possible, test blood glucose.

Treatment of Mild to Moderate

- Immediately give a fast-acting carbohydrate such as:
 - 4 oz. fruit juice or
 - 4 oz regular pop or
 - 5-8 lifesaver candies or
 - 3-4 glucose tablets or
 - 3 packets of sugar
- Wait 15 minutes.
- Retest the blood glucose.
- Repeat treatment and retest every 15 minutes until the blood glucose is greater than 70mg/dl (80 mg/dl if student under six years of age).
- Contact the parents/guardians if the student required a repeat treatment or if the blood glucose was less than 50mg/dl or if the student had more

Treatment of Severe

- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Have trained personnel mix and administer glucagon, as prescribed.
- Call 911.
- Stay with the student.
- Contact the parents/guardians.
- When the student awakens and can swallow, encourage the student to take small sips of fruit juice or regular pop. If tolerated, follow with a snack consisting of a carbohydrate and a fat, such as peanut butter crackers.



NATIONWIDE CHILDREN'S

When your child needs a hospital, everything matters.™

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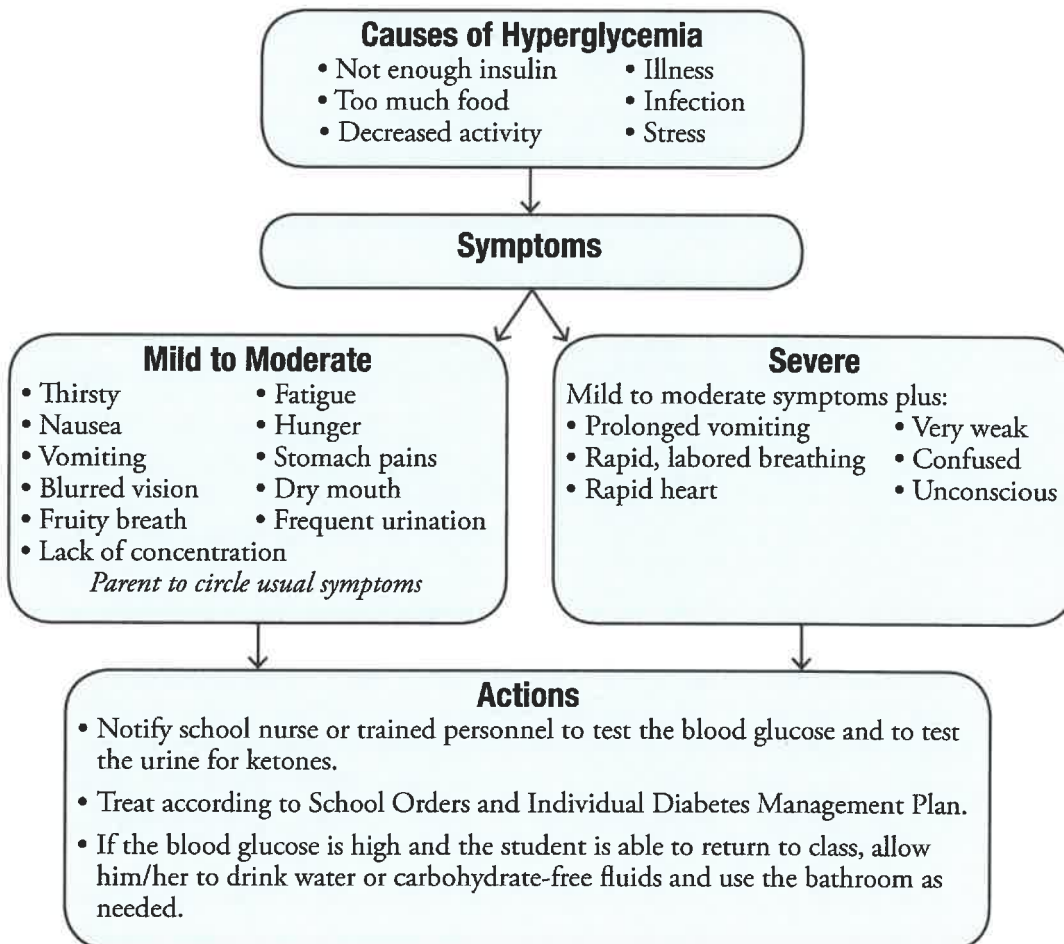
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