

Hypoglycemia (Low Blood Sugar) Emergency Action Plan

Severe Hypoglycemia – Call 911

Symptoms: Unresponsive, Loss of Consciousness, Coma, Convulsions, Seizures.

- Do not give anything by mouth
- Place person on side; monitor until emergency help arrives.

Mild Hypoglycemia

Symptoms: Person is alert, but demonstrating one or more of the following symptoms: Difficulty Concentrating, Dizziness or Lightheadedness, Fatigue, Headache, Hunger, Irritability or Anxiety, Nausea, Pale, Shaky, Sweating, or Tingle or Numbness of Lips, Tongue or Cheek.



Check Glucose Level

If unable to test glucose (BS = blood sugar), go ahead and treat:
If BS below 70 (age > 13 years)
If BS below 80 (age 6 to 12 years)
If BS below 90 (age < 6 years)

Step 1: Give 1 Glucose Gel

Step 2: Wait 15 minutes and retest

If BS below 70 (>13 years), below 80 (6 to 12 years), below 90 (< 6 years) repeat Steps 1 and 2 until BS is at least 70 (>13 years) 80 (6 to 12 years), 90 (< 6 years).

If BS is 70 (>13 years), below 80 (6 to 12 years), below 90 (< 6 years), go to Step 3.

Step 3: Give allergy-safe carb or protein: cheese crackers.

Moderate Hypoglycemia

Symptoms: Person is demonstrating: Confusion, Unusual Behavior, Blurry Vision or Tunnel Vision, Loss of Coordination, Nightmares when Asleep, Slurred Speech.



Call 911

- Keep head elevated.
- Give Glucose Gel orally between cheek and gum; gently massage outside of cheek.
- Turn on side – person may vomit.
- Monitor until emergency help arrives.

Kit Contains:

Glucose Gel, Crackers



Kit Provided by:

MN Lions Diabetes Foundation

MNLionsDiabetes.org

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