Hypoglycemia *(Low Blood Glucose)*

Emergency Plan for a Student with Diabetes

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**Student’s Name**  
**Grade/Teacher**  
**Date**

**Emergency Contact Information:**

<table>
<thead>
<tr>
<th></th>
<th>Mother/Guardian</th>
<th>Father/Guardian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone</td>
<td>_________________</td>
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<tr>
<td>Work Phone</td>
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<td>Cell Phone</td>
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**Causes of Hypoglycemia**

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

**Symptoms**

**Mild to Moderate**

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

*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.

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**NATIONWIDE CHILDREN’S**

*When your child needs a hospital, everything matters.*

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