## **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  • Delayed food • Missed food • Ex	xercise
Symptoms		
• Hungry • Irritable • Headache • Shaky • Weak • Blurred vision • Other  • Parent to circle usual symptoms	<ul><li> Sweaty</li><li> Anxious</li><li> Seizure</li></ul>	<b>vere</b> • Inability to swallow
	Actions	<u> </u>
• Never send a student with suspected low glucose anywhere alone.	<ul><li>Notify school nurse or train</li><li>If possible, test blood gluco</li></ul>	
<u> </u>	,	
• Immediately give a fast-acting carbohydra  • Immediately give a fast-acting carbohydra  – 4 oz. fruit juice or — 4 oz regular  – 5-8 lifesaver candies or — 3-4 glucose  – 3 packets of sugar  • Wait 15 minutes.  • Retest the blood glucose.  • Repeat treatment and retest every 15 minutes the blood glucose is greater than 70mg/dl (8 student under six years of age).  • Contact the parents/guardians if the student required a repeat treatment or if the blood greater than 70mg/dl (8 student under six years of age).	<ul> <li>Don't attempt to give any entersuch as:</li> <li>Popp or tablets or</li> <li>Position on side, if possile that trained personnel mass prescribed.</li> <li>Call 911.</li> <li>Stay with the student.</li> <li>Contact the parents/guare when the student awaker encourage the student to or regular pop. If tolerate</li> </ul>	ole. ix and administer glucagon, rdians. ns and can swallow, take small sips of fruit juice



butter crackers.

was less than 50mg/dl or if the student had more