

Kids with diabetes in your care

Treating Hypoglycemia

1. Recognize signs and symptoms of hypoglycemia

- ◆ Cold, clammy or sweaty skin
- ◆ Pallor
- ◆ Difficulty concentrating
- ◆ Shakiness, lack of coordination (e.g. deterioration in writing or printing skills)
- ◆ Irritability, hostility and poor behaviour
- ◆ Fatigue
- ◆ Nervousness
- ◆ Excessive hunger
- ◆ Headache, blurred vision and dizziness
- ◆ Abdominal pain and/or nausea

Important: Hypoglycemia can happen very quickly.

2. Treatment of mild or moderate hypoglycemia

Provide treatment as instructed by the parent, or one of the following:

- ◆ 15 grams of glucose in the form of glucose tablets
- ◆ 15 mL (1 tablespoon) or 3 packets of table sugar dissolved in water
- ◆ 175 mL (3/4 cup) of juice or regular soft drink
- ◆ Soft candy (e.g. 15 skittles or 2 packages of rockets)
- ◆ 15 mL (1 tablespoon) of honey

3. Wait 10 minutes. If there is no improvement try step 2 again

Emergency treatment of SEVERE hypoglycemia

DO NOT give food or drink if the student is:

- ◆ Unconscious
- ◆ Having a seizure
- ◆ Unable to swallow

DO:

- ◆ Roll the student on his/her side
- ◆ Call 911 or emergency medical services
- ◆ After calling 911, contact the parent or guardian identified on the *Kids with Diabetes* information card.