

Managing Low Blood Sugar

STUDENTS WITH DIABETES

If unconscious or seizing, call 911 and the designated emergency school staff to administer glucagon (if provided by parent).

Step 1: Recognize Symptoms of Low Blood Sugar

- ▶ Sweaty
- ▶ Shaky
- ▶ Pale
- ▶ Confused or difficulty concentrating
- ▶ Poor co-ordination or difficulty speaking
- ▶ Drowsy

Step 2: Don't Delay, Give Fast-Acting Sugar

Provide a fast-acting sugar as indicated by the parent or give **ONE** of the following:

- ▶ 3 to 4 glucose tablets
- ▶ 1 juice box or half a can of regular pop (not diet)
- ▶ 15 mL (1 tablespoon) or 3 packets of table sugar dissolved in water
- ▶ 15 skittles
- ▶ 15 mL (1 tablespoon) of honey

Step 3: Wait, Watch and Repeat

- ▶ If after 10 minutes, symptoms of low blood sugar continue, repeat step 2.
- ▶ Do not allow the student with low blood sugar to be alone. Provide adult supervision until the symptoms have resolved.
- ▶ Refer to the student's Diabetes Support Plan.
- ▶ If the student becomes unconscious or is unable to take fast acting sugar, treat for severe low blood sugar as below.

Emergency Treatment of Severe Low Blood Sugar

DO NOT give food or drink if the student is unconscious, having a seizure or is unable to swallow.

- ▶ Turn the student on their side.
- ▶ Call 911.
- ▶ Call the designated emergency school staff to administer glucagon if provided by parent.
- ▶ After calling 911, contact the parent.



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