# Quick Reference Emergency Plan

for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) **Photo** 

Grade/Teacher Emergency Contact Information:				Da	Date of Plan	
T-4/0			Father/Guardia		· · · · · · · · · · · · · · · · · · ·	
Mother/Guardian		Fauler/Guardian		un.		
Iome phone	Work phone	Cell	Home phone	Work pl	hone	Cell
chool Nurse/Train	ned Diabetes Personnel		Contact Number(s)		· · · · · · · · · · · · · · · · · · ·	
	Never send a	child with suspect	ed low blood suga	ır anywhere al	one.	
	Causes of Hy	znoglycemia				
• Too mucl • Missec • Delayer				Onset		
				. C., J.J.,		
		1000		• Sudden		
	• Too much or too • Unschedul					
	Clischedu	V V	· · · · · · · · · · · · · · · · · · ·		ليببي	
		Syı	nptoms			
			<b>Y</b>	_ >		
Mild		Moderate			Severe	
• Hunger • Sweating		Headache     Blurry vision			<ul><li>Loss of consciousness</li><li>Seizure</li></ul>	
• Shakiness • Drowsiness		Behavior     Weakness			• Seizure • Inability to swallow	
Weakness     Personality change     Pelaness     Pelaness     Pensonality to		• Poor • Slurred Speech • Confusion		1	inability to swallow	
<ul><li>Paleness</li><li>Inability to concentrate</li></ul>		coordination • Other		ŧ		
	Other:	Coordination	· Oulei			
• Dizziness	Oulci.					
Circle student's usual symptoms.		Circle student's usual symptoms.			Circle student's usual symptoms.	
¥					<u> </u>	
		Actio	ns Needed	-		

### Mild

- Student may/may not treat self.
- Provide quick-sugar source.
  - 3-4 glucose tablets

4 oz. juice

6 oz. regular soda

3 teaspoons of glucose gel

- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

#### **Moderate**

- · Someone assists.
- Give student quick-sugar source per MILD guidelines.
- Wait 10 to 15 minutes.
- Recheck blood glucose.
- Repeat food if symptoms persist or blood glucose is less than
- Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

### **Severe**

- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Contact school nurse or trained diabetes personnel.
- Administer glucagon, as prescribed.
- Call 911.
- Contact parents/guardian.
- Stay with student.

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