## Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) Photo

C4-J-42-N						
Student's Name						
Grade/Teacher	Date of Plan					
<b>Emergency Contact</b>	Information:					
Mother/Guardian			Father/Guardian			
Home phone Work phone		Cell	Cell Home phone		ork phone	Cell
School Nurse/Traine	d Diabetes Personne	I	Contact Number(	s)		
	Never send a	a child with suspecte	ed low blood sugar	anywh	ere alone.	
	Causes of H	poglycemia				
• Too much				Onset	Onset	
• Missed				Sudde	Sudden	
	• Delay			Suuud	211	
	• 100 much or too • Unschedul		intense exercise			
	• Unschedu	led exercise				
		Sym	nptoms	$\neg$		
			¥	_ \	<u></u>	
Mile	d	Mod	Moderate			Severe
	weating		• Blurry vision		• Loss	of consciousness
	rowsiness		• Weakness		• Seizu	
	ersonality change		• Slurred Speech		• Inabil	lity to swallow
	ability to		5		•	
	oncentrate	coordination • Other				
•	ther:	coordination outer		-		
• Dizziness				_		
	Circle student's usual symptoms.		Circle student's usual symptoms.		Circle student's usual symptoms.	
<b>V</b>		<b>\</b>			<b>y</b>	
•		Action	s Needed			·
Notify School	Nurse or Trained l	Diabetes Personnel	l. If possible, chec	k bloc	od sugar, per l	Diabetes Medical
N	Anagement Plan.	When in doubt, al	ways TREAT FO	R HY	POGLYCEM	IA.
<b>\</b>			<b>*</b>			
Mile	d	Mod	Moderate			Severe
Student may/may	not treat self.	Someone assis	Someone assists.		• Don't attempt to give anything	
Provide quick-su	gar source.				by mouth.	
3-4 glucose tablets			Give student quick-sugar source per MILD guidelines.		• Position on	cide if possible
or 4 oz. juice		per MILD guid			• Position on side, if possible.	
or		• Wait 10 to 15 1	minutes		<ul> <li>Contact school nurse or trained</li> </ul>	
6 oz. regul	lar soda	wait 10 to 15 i	illillacs.		diabetes personnel.	
3 teaspoons of glucose gel		Recheck blood	<ul> <li>Recheck blood glucose.</li> </ul>		• Administer	alugagan as
• Wait 10 to 15 minutes.		Dome-4 f 1'C			<ul> <li>Administer glucagon, as prescribed.</li> </ul>	
Recheck blood glucose.		• Repeat food if symptoms persist			preserioca.	
• Repeat food if symptoms persist		or brood graco	or blood glucose is less than		• Call 911.	
or blood glucose is less than		•				
• Follow with a snack of		• Follow with a snack of			Contact parents/guardian.	
carbohydrate and protein (e.g.,			carbohydrate and protein (e.g.,		• Stay with st	udent.
cheese and crackers).		cheese and cra	ckers).		.,	

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Hyperglycemia (High Blood Sugar)

Photo

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Grade/Teacher			Date of Plan				
<b>Emergency Cont</b>	act Information:						
Mother/Guardian			Father/Guardian	Father/Guardian			
Home phone	Work phone	Cell	Home phone	Work phone	Cell		
School Nurse/Trained Diabetes Personnel			Contact Number(	(c)			

