

Diabetes Emergency Action Plan

Signs of Hypoglycemia (Low Blood Sugar):

****Could happen suddenly and may lead to unconsciousness**

- Shakiness
- Fast Heartbeat
- Sweating
- Weakness/Fatigue
- Hunger
- Irritable
- Dizziness
- Anxious
- Or any other unusual behavior

- Either escort or have student walk to health office if able
- If student is unable to walk, contact nurse to come to student to give glucose gel, etc.
- **Until help arrives:**
 - Remain with student and attempt to keep calm
 - If student becomes unresponsive, check student's airway. Look, listen, feel for breathing
 - If not breathing, initiate CPR
 - Send help to retrieve AED

- **Dial 911 for EMS assistance/ambulance**
- Follow instructions given by ambulance control staff
- Stay with the student; give reassurance if responsive
- Parent/guardian will be contacted
- School administration will be notified

While waiting for the ambulance:

- Continue CPR/AED use or rescue breathing as needed

Signs of Hyperglycemia (High Blood Sugar)

****Symptoms usually occur gradually**

- Extreme thirst
- Blurred vision
- Nausea
- Hunger
- Or any other unusual behavior

- Refer student to health office or contact nurse to respond to student.

AED Directions:

- Open lid to AED
- Turn machine on
- Follow directions provided by machine