

**QUICK REFERENCE EMERGENCY PLAN
HYPOGLYCEMIA
(Low Blood Sugar)**

Student Name _____

School/Teacher/Grade _____

Mother/Guardian _____

Father/Guardian _____

Home phone _____

Work phone _____

Cell _____

Home phone _____

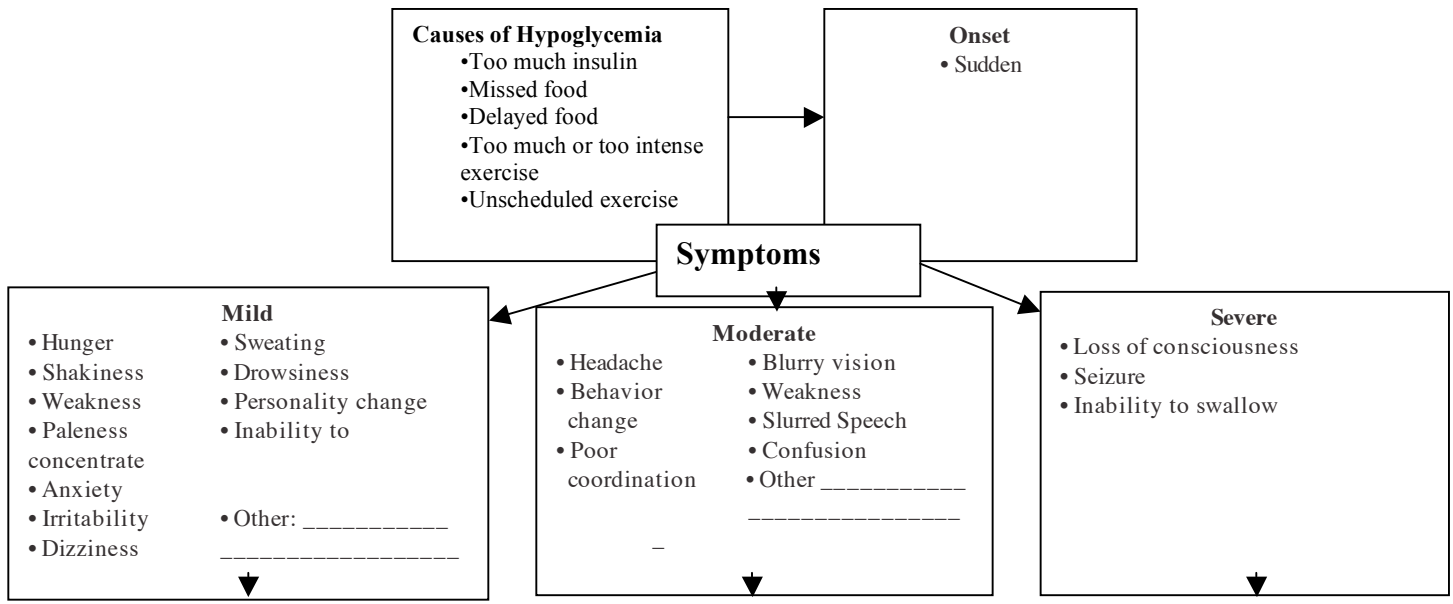
Work phone _____

Cell _____

Trained Diabetes Personnel _____

Contact Number(s) _____

**NEVER SEND A
CHILD WITH SUSPECTED LOW BLOOD SUGAR ANYWHERE ALONE.**



Actions needed
Notify School Nurse or Trained Diabetes Personnel. If possible check blood sugar, per Individualized Health Care Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA

Mild

- Student may/may not treat self.
- Provide quick-sugar source.
3-4 glucose tablets
or
4 oz. juice
or
6 oz. regular soda
or
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.

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

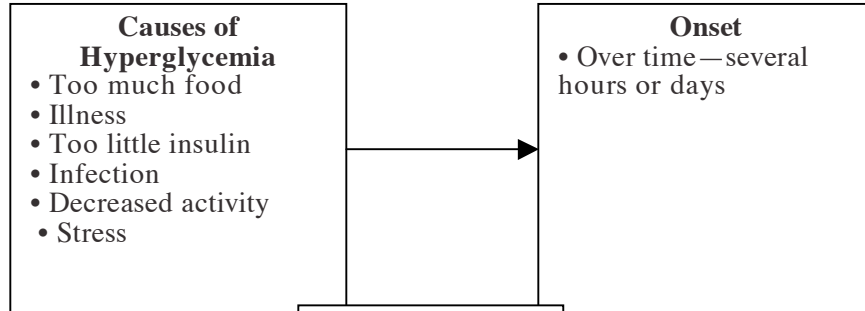
- Don't attempt to give anything by mouth.
- Position on side, if possible.
- Contact school nurse or trained diabetes personnel.
- Administer glucagon, as prescribed.
- **Call 911.**
- Contact parents/guardian.
- Stay with student.

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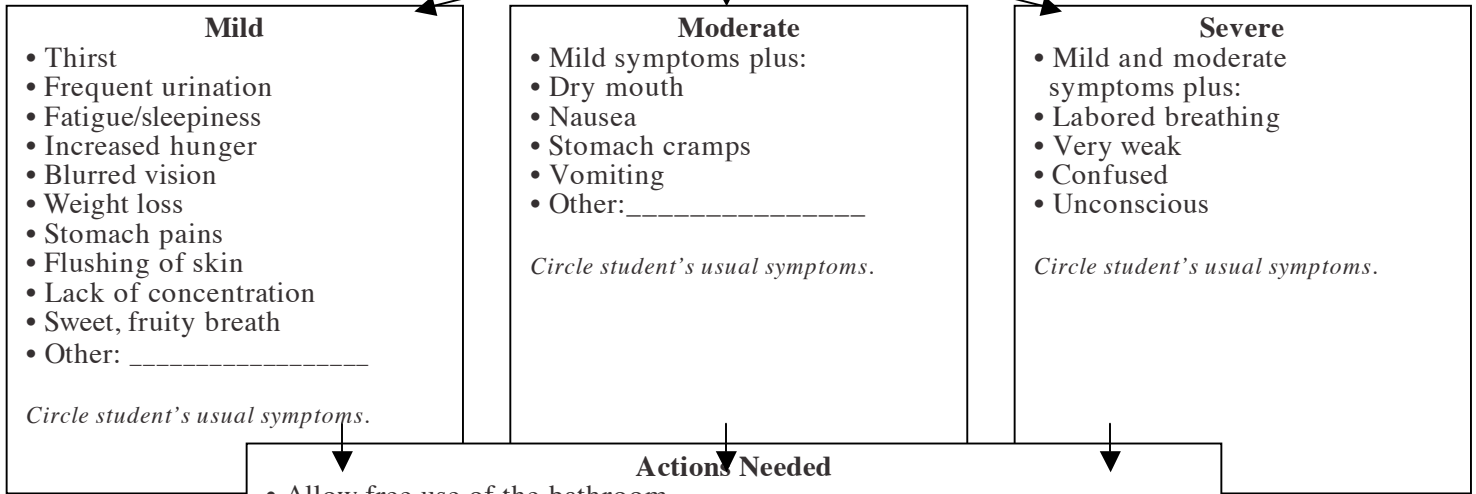
Student Name

School

Teacher/grade



Symptoms



Actions Needed

- Allow free use of the bathroom.
- Encourage student to drink water or sugar-free drinks.
- Contact the school nurse or trained diabetes personnel to check urine or administer insulin, per student's Diabetes Medical Management Plan
- If student is nauseous, vomiting, or lethargic, ____ call the parents/guardian or ____ call for medical assistance if parent cannot be reached.

This quick reference emergency plan reflects physician orders and is authorized by;

Licensed Health Care Provider

Telephone

Date

Parent

Telephone

Date