

# Hypoglycemia Emergency Care Plan (For Low Blood Glucose)

Student's Name: \_\_\_\_\_

Grade/Teacher: \_\_\_\_\_

Date of Plan: \_\_\_\_\_

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## Emergency Contact Information

**Parent 1/Guardian:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Parent 2/Guardian:** \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**Health Care Provider:** \_\_\_\_\_

Phone Number: \_\_\_\_\_

**School Nurse:** \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

**Trained Diabetes Personnel:** \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

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**The student should never be left alone, or sent anywhere alone or with another student, when experiencing hypoglycemia.**

| Causes of Hypoglycemia   | Onset of Hypoglycemia  |
|--|--|
| <ul style="list-style-type: none"><li>• Too much insulin</li><li>• Missing or delaying meals or snacks</li><li>• Not eating enough food (carbohydrates)</li><li>• Getting extra, intense, or unplanned physical activity</li><li>• Being ill, particularly with gastrointestinal illness</li></ul> | <ul style="list-style-type: none"><li>• Sudden — symptoms may progress rapidly</li></ul> |



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### Hypoglycemia Symptoms

Circle student's usual symptoms.

| Mild to Moderate Symptoms   | Severe Symptoms  |
|---|--|
| <ul style="list-style-type: none"><li>• Shaky or jittery</li><li>• Sweaty</li><li>• Hungry</li><li>• Pale</li><li>• Headache</li><li>• Blurry vision</li><li>• Sleepy</li><li>• Dizzy</li><li>• Lightheaded</li><li>• Confused</li><li>• Disoriented</li><li>• Uncoordinated</li><li>• Irritable or nervous</li><li>• Argumentative</li><li>• Combative</li><li>• Changed personality</li><li>• Changed behavior</li><li>• Inability to concentrate</li><li>• Weak</li><li>• Lethargic</li><li>• Other: _____</li></ul> | <ul style="list-style-type: none"><li>• Inability to eat or drink</li><li>• Unconscious</li><li>• Unresponsive</li><li>• Seizure activity or convulsions (jerking movements)</li></ul> |

### Actions for Treating Hypoglycemia

Notify school nurse or trained diabetes personnel as soon as you observe symptoms. If possible, check blood glucose (sugar) at side of finger. Treat for hypoglycemia if blood glucose level is less than \_\_\_\_\_ mg/dL.

**WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA AS SPECIFIED BELOW.**

| Treatment for Mild to Moderate Hypoglycemia  | Treatment for Severe Hypoglycemia  |
|--|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> Provide quick-acting glucose (sugar) product equal to grams of carbohydrates. Examples of 15 grams of carbohydrates are listed below:<ul style="list-style-type: none"><li>• 4 glucose tablets</li><li>• 1 tube of glucose gel</li><li>• 4 ounces of fruit juice (not low-calorie or reduced sugar)</li><li>• 4-6 ounces (½ can) of soda (not low-calorie or reduced sugar)</li></ul></li><li><input type="checkbox"/> Wait 15 minutes.</li><li><input type="checkbox"/> Recheck blood glucose level.</li><li><input type="checkbox"/> Repeat quick-acting glucose product if blood glucose level is less than _____ mg/dL.</li><li><input type="checkbox"/> Contact the student's parents/guardians.</li><li><input type="checkbox"/> Once the student's blood glucose returns to normal, check the blood glucose level 1 hour later. Provide an additional source of carbohydrate (e.g., whole grain crackers, graham crackers, granola bar, yogurt, or fruit) if a meal or snack is not planned.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Position the student on his or her side.</li><li><input type="checkbox"/> Do not attempt to give anything by mouth.</li><li><input type="checkbox"/> Administer glucagon: _____ mg at _____ site.</li><li><input type="checkbox"/> While treating, have another person call 911 (Emergency Medical Services).</li><li><input type="checkbox"/> Contact the student's parents/guardians.</li><li><input type="checkbox"/> Stay with the student until Emergency Medical Services arrive.</li><li><input type="checkbox"/> Notify student's health care provider.</li></ul> |



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