## Quick Reference Emergency Plan

for a Student with Diabetes Hyperglycemia (Low Blood Sugar)

**Student's Name** Date of Plan Grade/Teacher **Emergency Contact Information:** Mother/Guardian Father/Guardian Home phone Work phone Cell Work phone Cell Home phone School Nurse/Trained Diabetes Personnel **Contact Number(s)** Never send a child with suspected low blood sugar anywhere alone. Causes of Hypoglycemia • Too much insulin Onset • Missed food Delayed food Sudden Too much or too intense exercise Unscheduled exercise Symptoms Moderate Mild Severe Hunger Sweating Headache • Blurry vision Shakiness Drowsiness Behavior Weakness Loss of consciousness Weakness Personality change Slurred Speech Seizure Poor Paleness Change Confusion · Inability to swallow coordination Inability to Other \_\_\_\_\_ Anxiety Irritability concentrate • Dizziness Other: \_\_\_\_\_ Circle student's usual symptoms. Circle student's usual symptoms. Circle student's usual symptoms. **Actions Needed** Notify School Nurse or Trained Diabetes Personnel. If possible, check blood sugar; per Diabetes Medical Management Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA. Mild Moderate Severe Student may/may not treat self. Someone assists. Don't attempt to give • Provide quick-sugar source. anything by mouth. Give student quick-sugar source per 3-4 glucose tablets Position on side, if possible. MILD guidelines. or 4 oz. juice Contact school nurse or Wait 10 to 15 minutes. or trained diabetes personnel. 6 oz. regular soda Repeat food if symptoms persist or or Administer glucagons, as 3 teaspoons of glucose gel blood glucose is less than prescribed. Wait 10 to 15 minutes. Recheck blood glucose. Call 911 Repeat food if symptoms persist Follow with a snack of carbohydrate Contact parents/guardian. or blood glucose is less than \_\_\_\_\_ and protein (e.g., cheese and Follow with a snack of carbohydrate crackers). Stay with student. and protein (e.g., cheese and crackers)