Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar)

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Student's Name					
Grade/Teacher			Date of Plan		
Emergency Contact 1	Information:				
Mother/Guardian		Father/Guard	ian		
Home phone	Work phone	Cell Home phone	Work phone	Cell	
School Nurse/Trained	l Diabetes Personnel	Contact Numb	per(s)		
	Never send a	a child with suspected low blood sug	gar anywhere alone.		
Causes of Hy • Too mucl • Missec • Delayer • Too much or too • Unschedule		ch insulin d food ed food o intense exercise	Onset • Sudden		
		Symptoms		-	
Mild • Hunger • Shakiness • Weakness • Personality change • Paleness • Inability to concentrate • Irritability • Dizziness Circle student's usual symptoms. Notify School Nurse or Trained Di		Moderate • Headache • Blurry vision • Behavior • change • Poor • Confusion coordination • Other Circle student's usual symptoms. Actions Needed Diabetes Personnel. If possible, on the diabetes price of the possible of t	• Loss o • Seizure • Inabilit ——————————————————————————————————	nt's usual symptoms.	
				1	
• Student may/may not treat self. • Provide quick-sugar source. 3-4 glucose tablets or 4 oz. juice		ModerateSomeone assists.Give student quick-sugar sour per MILD guidelines.	• Don't attemp by mouth.	Severe It to give anything Ide, if possible.	
6 oz. regular soda or 3 teaspoons of glucose gel		Wait 10 to 15 minutes.Recheck blood glucose.	diabetes perso	Contact school nurse or trained diabetes personnel.Administer glucagon, as	
Wait 10 to 15 mir Recheck blood gl Repeat food if syr or blood glucose if Follow with a sna	nutes. ucose. mptoms persist is less than	 Repeat food if symptoms persor blood glucose is less than Follow with a snack of 	sist prescribed. • Call 911. • Contact parel		
carbohydrate and	protein (e.g.,	carbohydrate and protein (e.g cheese and crackers).	" • Stay with stu	dent.	

The Quick Reference Emergency Plan can be found in NDEP's "Helping the Student with Diabetes Succeed: A Guide for School Personnel," which is available for free download at http://www.ndep.nih.gov/diabetes/pubs/youth_ndepschoolguide.pdf

Quick Reference Emergency Plan

for a Student with Diabetes

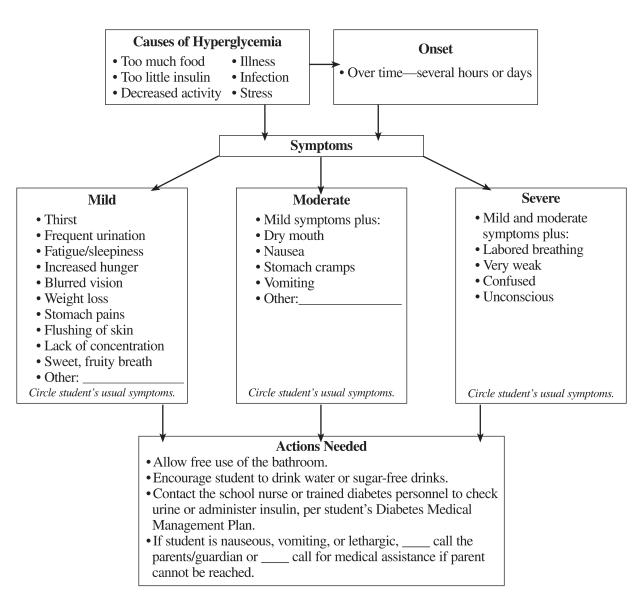
Hyperglycemia (High Blood Sugar)

Photo

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Grade/Teacher			Date of Plan			
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Mother/Guardia	n		Father/Guardian			
Home phone	Work phone	Cell	Home phone	Work phone	Cell	

School Nurse/Trained Diabetes Personnel

Contact Number(s)



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