

## What it is and what to do

High blood sugar (or hyperglycemia) occurs when a student's blood sugar is higher than the target range. It is usually caused by:

- extra food, without extra insulin
- not enough insulin
- decreased activity

Blood sugar also rises because of illness, stress, or excitement. Usually, it is caused by a combination of factors.

Students are not usually in immediate danger from high blood sugar unless they are vomiting, breathing heavily or lethargic. They may have difficulty concentrating in class.

### What to do

Check blood sugar. Even students who are independent may need help if they are unwell.

**Contact parents immediately if a student is unwell**, has severe abdominal pain, nausea, vomiting or symptoms of severe high blood sugar.

If the student is well, follow instructions for high blood sugar in their care plan. Allow unlimited trips to the washroom, and encourage them to drink plenty of water.

### Symptoms of high blood sugar



**Extreme thirst**



**Frequent urination**



**Headache**



**Hunger**



**Abdominal pain**



**Blurry vision**



**Warm, flushed skin**



**Irritability**

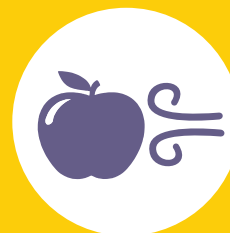
### Symptoms of VERY high blood sugar



**Rapid, shallow breathing**



**Vomiting**



**Fruity breath**