Low blood sugar is also called **hypoglycemia**. It can be caused by:

- Too much insulin, and not enough food
- Delaying or missing a meal or a snack
- Not enough food before an activity
- Unplanned activity, without adjusting food or insulin

When blood sugar is below 4 mmol/L, you must act IMMEDIATELY.
Do not leave a student alone if you think blood sugar is low.

Some of the most common symptoms of low blood sugar are:

- Shakiness
- Irritability/grouchiness
- Dizziness
- Sweating
- Blurry vision
- Headache
- Hunger
- Weakness/Fatigue
- Pale skin
- Confusion

See other side for steps to take when you suspect a student has low blood sugar.
How to treat low blood sugar

**Remember:**
1. Low blood sugar must be treated **IMMEDIATELY**
2. **DO NOT** leave a student alone if you suspect low blood sugar
3. Treat the low blood sugar **WHERE IT OCCURS.** Do not bring the student to another location. Walking may make blood sugar go even lower.
4. Even students who are independent **may need help** when their blood sugar is low

**CHECK, TREAT, REPEAT**

- Blood sugar (BG) under 4 mmol/L (or under 5 mmol/L with symptoms)
  - Treat immediately with _____ grams of fast-acting sugar (see below)
  - Recheck BG in 10-15 minutes

<table>
<thead>
<tr>
<th>Amount of fast-acting sugar to give</th>
<th>10 g</th>
<th>15 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glucose tablets</td>
<td>2 tablets</td>
<td>4 tablets</td>
</tr>
<tr>
<td>Juice/pop</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Skittles</td>
<td>10 pieces</td>
<td>15 pieces</td>
</tr>
<tr>
<td>Rockets candy</td>
<td>1 pkg = 7 g</td>
<td>2 pkgs = 14 g</td>
</tr>
<tr>
<td>Table sugar</td>
<td>2 tsp / 2 pkgs</td>
<td>1 Tbsp / 3 pkgs</td>
</tr>
</tbody>
</table>

Give fast-acting sugar according to the student’s care plan: either 10 g or 15 g

www.diabetesatschool.ca