

**DIABETES EMERGENCY ACTION PLAN for HYPOGLYCEMIA (Low Blood Sugar)**

School: \_\_\_\_\_ SY: \_\_\_\_\_ - \_\_\_\_\_ Grade/Rm: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**Emergency Contacts:**

Allergies: \_\_\_\_\_

|                       |               |            |      |
|-----------------------|---------------|------------|------|
| Mother/Legal Guardian | (W) Day Phone | Cell/Pager | Home |
|-----------------------|---------------|------------|------|

|                       |               |            |      |
|-----------------------|---------------|------------|------|
| Father/Legal Guardian | (W) Day Phone | Cell/Pager | Home |
|-----------------------|---------------|------------|------|

|           |               |            |      |
|-----------|---------------|------------|------|
| Alternate | (W) Day Phone | Cell/Pager | Home |
|-----------|---------------|------------|------|

|  |       |     |
|--|-------|-----|
| Physician/Health Care Provider Treating Student for Diabetes | Phone | Fax |
|--|-------|-----|

**Warning Signs and Symptoms:** Check or write in common signs. Look for any of the following listed below.**Behavioral Symptoms:**

- Irritable       Anxious  
 Drowsy       Crying  
 Unable to Concentrate  
 Erratic Behavior       Sleepiness  
 Combative       Confusion

**Physical Symptoms:**

- Hunger       Weak       Dizziness  
 Pale Appearance       Slurred Speech       Headache  
 Sweatiness       Numbness of Lip & Tongue       Blank Stare  
 Poor Coordination       Unable to Swallow       Shakiness  
 Unconscious       Convulsion-Like Movements

IF STUDENT IS ILL, CHECK BLOOD GLUCOSE AND CALL PARENTS  
 NEVER SEND A STUDENT WITH SUSPECTED LOW BLOOD GLUCOSE ANYWHERE ALONE

**\*\*\*\*IF blood glucose meter not available, treat anyway!****Standard Treatment of HYPOGLYCEMIA****Blood Glucose (BG) Level****Actions**

- Keep student quiet and have him/her sit down.
- Test student's blood glucose. Meter, test strips and supplies, (i.e. glucose tablets or gel, and/or glucagon) are located at \_\_\_\_\_.

**If at any time the child is unconscious or cannot swallow**→ **Lie student on side. Keep airway clear. Call 911. Administer glucagon (by trained adult).****Initial check:** If BG is **less than 50 mg/dl**

→ Give double amounts of glucose source listed below.

If BG is **less than 70 mg/dl**→ Give: 4 glucose tabs or 1 tube glucose gel into side of cheek or ½ cup juice or ½ cup soda (regular not sugar-free).**Recheck blood glucose in 10-15 min.****Recheck:** If BG is still **less than 70 mg/dl**→ Give a 2<sup>nd</sup> dose of glucose source above and contact parent/legal guardian.

Repeat the blood glucose recheck procedure every 10-15 minutes. As long as child is able to swallow, continue to give glucose source by mouth, if indicated.

**OR**If BG is **70 mg/dl or greater**→ Give: 2 crackers and cheese or peanut butter or give meal if mealtime is soon.

Recheck blood glucose in 10-15 minutes.

If blood glucose stays above 70 mg/dl, student may return to class.