

Emergency Situations (Post on Refrigerator)

What Low blood sugar. Blood sugar falls below normal levels.

Symptoms Hunger, shakiness, nervousness, sweating, confusion, and/or dizziness

When to Act If blood sugar is below 70 mg/dl, adults should consume ONE of the following to quickly raise blood sugar:

- 4 fl. oz. fruit juice
- 3 or 4 glucose tablets
- 4 fl. oz. regular soda
- 5 or 6 pieces of hard candy
- 1 Tablespoon of sugar or honey

Recheck blood sugar in 15 minutes to ensure it is above 70 mg/dl. If it is not, consume another serving of the above foods.

If the next meal is more than 1 hour away after blood sugar is above 70 mg/dl, a snack should be eaten.

Contact Doctor _____

Phone Number _____

Relative or Friend _____

Phone Number _____