

Type 1 Diabetes Instruction Sheet



Student _____



Homeroom: _____

EMERGENCY CONTACT INFO

_____ Phone _____ Email _____

_____ Phone _____ Email _____

Other phone _____

Other phone _____

Medical Information

PCP: _____

Phone: _____

Fax: _____

Endocrinologist: _____

Phone: _____

DURING SCHOOL EMERGENCIES THE STUDENT'S DIABETES BAG SHOULD ACCOMPANY THE STUDENT WHEREVER THEY ARE TAKING SHELTER (lockdowns, tornado drills/warnings, fire drills, etc.). It should also go with the student on field trips.

Symptoms of Hypoglycemia (LOW blood sugar) – blood sugar below 70

Hungry/thirsty, cranky/irritable, sweating, shakiness, lightheadedness, fatigue, nausea, anxiety, headache, fingers/skin feeling prickly or numb, not looking well. – Have student check blood sugar and treat a low with _____ carbs or juice box.

ALWAYS HAVE _____ WALK WITH AN ADULT OR TRUSTED “BUDDY” TO THE NURSE’S OFFICE IF BLOOD SUGAR IS SUSPECTED TO BE LOW.

EMERGENCY PROCEDURE FOR LOW BLOOD SUGAR: If _____ passes out, is found unconscious or cannot eat a fast-acting carb snack, they should receive an injection of Glucagon. Glucagon is stored _____. See attached instructions for Glucagon usage which can also be found inside Glucagon storage container. Call 911 and then parent or guardian.

Symptoms of Hyperglycemia (HIGH blood sugar) – blood sugar over 200

Frequent urination, extreme thirst, increased fatigue, difficulty concentrating, sleepiness, blurry vision

Hyperglycemia is not as much of an emergency as hypoglycemia – however, please contact school nurse and mom or dad if she is experiencing any of the above symptoms.

If you have questions about any of this information, please contact parent or guardian at any time.