

HYPOGLYCEMIA

How to Spot & Treat Low Blood Sugar

Hypoglycemia can be caused by

- getting too much insulin
- improperly timing insulin delivery
- skipping a meal
- exercise

Symptoms include

- dizziness
- weakness
- paleness
- sweating
- hunger
- fatigue
- confusion
- shaking

AND CAN LEAD TO
COMA and SEIZURES

and is more likely to occur when
-in a hot and/or humid climate
-at a high altitude

GLUCAGON

is a hormone that treats severely low blood sugar, and should be administered in a life-threatening emergency.

It can be inhaled or injected.

HAVE A PLAN

THE 15-15 RULE



1 Test blood sugar

2 Eat/drink 15g fast-acting carbs

3 Wait 15 minutes then test again