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

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- 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.

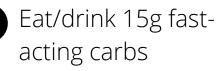
HAVE A PLAN

THE 15-15 RULE











Wait 15 minutes then test again



For more resources, visit www.t1dmodsquad.org