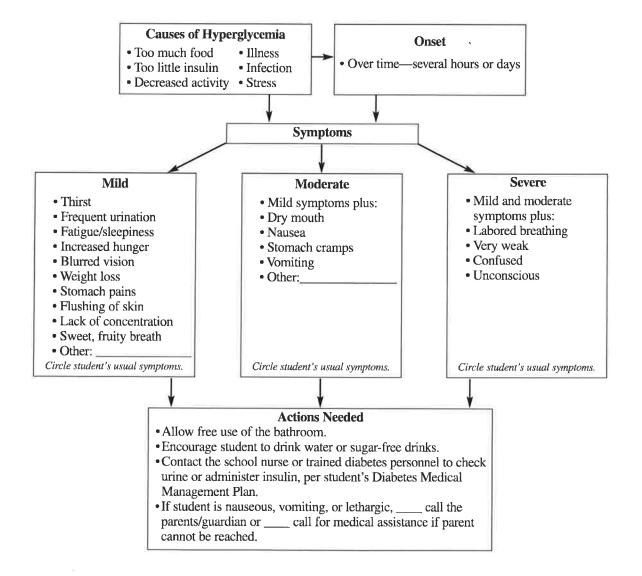
## Quick Reference Emergency Plan

for a Student with Diabetes

Hyperglycemia (High Blood Sugar)

Student's Name						
Grade/Teacher			Date of Plan			
Emergency Cont	act Information:					
Mother/Guardian			Father/Guardian			
Home phone	Work phone	Cell	Home phone	Work phone	Cell	-
School Nurse/Trained Diabetes Personnel			Contact Number(s)			_



## Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) Photo

Student's Name						
Grade/Teacher Emergency Contact Info	ormation:		Date of Plan			
Mother/Guardian			Father/Guardian			
Home phone W	ork phone	Cell	Home phone	Work phone	Cell	
School Nurse/Trained D	iabetes Personnel		Contact Number(s	s)		
	Never send a	ı child with suspect	ed low blood sugar a	inywhere alone.		
Causes of Hypoglycemia  • Too much insulin  • Missed food  • Delayed food  • Too much or too intense exercise  • Unscheduled exercise			Onset Sudden			
	_	Syn	nptoms	$\sim$		
Mild  • Hunger  • Shakiness  • Weakness  • Paleness  • Paleness  • Anxiety  • Irritability  • Dizziness  Circle student's usual symptoms.		Headache     Behavior change     Poor coordination	• Blurry vision • Weakness • Slurred Speech • Confusion • Other	• Loss of seizur • Inabili	Severe  of consciousness  e  ty to swallow  out's usual symptoms.	
		Action	s Needed			
		Diabetes Personne	l. If possible, chec	k blood sugar, per D R HYPOGLYCEMI		
<b>Y</b>			¥		Ý	
• Student may/may not treat self. • Provide quick-sugar source. 3-4 glucose tablets or 4 oz. juice		• Someone assistance • Give student of	Moderate     Someone assists.     Give student quick-sugar source per MILD guidelines.		Severe of to give anything ide, if possible.	
or 6 oz. regular soda or 3 teaspoons of glucose gel		<ul><li>Wait 10 to 15 minutes.</li><li>Recheck blood glucose.</li></ul>		diabetes pers	Contact school nurse or trained diabetes personnel.	

• Repeat food if symptoms persist or blood glucose is less than

• Wait 10 to 15 minutes.

· Follow with a snack of

cheese and crackers).

• Recheck blood glucose.

Repeat food if symptoms persist

or blood glucose is less than

carbohydrate and protein (e.g.,

• Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).

- Administer glucagon, as prescribed.
- Call 911.
- Contact parents/guardian.
- Stay with student.