

What You Need to Know about Hypoglycemia (Low Blood Sugar)

Hypoglycemia, also known as low blood sugar, occurs when a child's or teen's **blood sugar level falls below 70** and can potentially become **dangerously low very quickly**. It's imperative to take immediate action to raise low blood sugar levels to a safe range.

Low blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become low:



Taking too much insulin for what I eat/drink



Waiting too long to eat after taking insulin



Physical activity

If my blood sugar level falls below 70 these are some of the symptoms I may experience:

- Sweating
- Shaking
- Dizziness
- Poor coordination
- Blurry vision
- Difficulty concentrating
- Anxiety
- Irritability
- Hunger
- Nausea
- Erratic behavior

I need to check my blood sugar level and take immediate action to raise it by:

Eating/drinking **15 grams** of a fast-acting carbohydrates like:

- 3-4x glucose tabs or 1x packet of glucose gel
- Or 4 ounces of juice or a small packet of fruit snacks
- Or 4 ounces of regular soda

Resting and re-checking my blood sugar level in 15 minutes

If I have a seizure or lose consciousness I need YOUR help immediately!

STAY CALM

Treat with a dose of glucagon and turn me on my side

Call 911 and stay with me until they arrive

Call my parents or caregiver

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