Quick Reference Emergency Plan
for a Student with Diabetes

Hypoglycemia
(Low Blood Sugar)

Student’s Name

Grade/Teacher

Emergency Contact Information:

Mother/Guardian

Father/Guardian

Home phone

Work phone

Cell

Home phone

Work phone

Cell

School Nurse/Trained Diabetes Personnel

Contact Number(s)

Never send a child with suspected low blood sugar anywhere alone.

Causes of Hypoglycemia

• Too much insulin
• Missed food
• Delayed food

• Too much or too intense exercise
• Unscheduled exercise

Onset

• Sudden

Symptoms

Mild

• Hunger
• Shakiness
• Weakness
• Paleness
• Anxiety
• Irritability
• Dizziness

• Sweating
• Drowsiness
• Personality change
• Inability to concentrate
• Other: __________

Moderate

• Headache
• Behavior change
• Poor coordination

• Blurry vision
• Weakness
• Slurred Speech
• Confusion

• Other: __________

Severe

• Loss of consciousness
• Seizure
• Inability to swallow

Circle student’s usual symptoms.

Actions Needed

Notify School Nurse or Trained Diabetes Personnel. If possible, check blood sugar, per Diabetes Medical Management Plan. When in doubt, always TREAT FOR HYPOGLYCEMIA.

Mild

• Student may/may not treat self.
• Provide quick-sugar source.
  3-4 glucose tablets
  or
  4 oz. juice
  or
  6 oz. regular soda
  or
  3 teaspoons of glucose gel
• Wait 10 to 15 minutes.
• Recheck blood glucose.
• Repeat food if symptoms persist
  or blood glucose is less than _______.
• Follow with a snack of carbohydrate and protein (e.g.,
  cheese and crackers).

Moderate

• Someone assists.
• Give student quick-sugar source
  per MILD guidelines.
• Wait 10 to 15 minutes.
• Recheck blood glucose.
• Repeat food if symptoms persist
  or blood glucose is less than _______.
• Follow with a snack of carbohydrate and protein (e.g.,
  cheese and crackers).

Severe

• Don’t attempt to give anything by mouth.
• Position on side, if possible.
• Contact school nurse or trained diabetes personnel.
• Administer glucagon, as prescribed.
• Call 911.
• Contact parents/guardian.
• Stay with student.

Circle student’s usual symptoms.

Excerpted from: Helping the Student with Diabetes Succeed: A Guide for School Personnel. Published by National Diabetes Education Program: A Joint Program of the National Institutes of Health and the Centers for Disease Control and Prevention
Quick Reference Emergency Plan
for a Student with Diabetes

Hyperglycemia
(High Blood Sugar)

Student’s Name ____________________________

Grade/Teacher ____________________________ Date of Plan ____________________________

Emergency Contact Information:

<table>
<thead>
<tr>
<th>Mother/Guardian</th>
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<tbody>
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</tr>
</tbody>
</table>

School Nurse/Trained Diabetes Personnel Contact Number(s)

Causes of Hyperglycemia
• Too much food
• Too little insulin
• Decreased activity
• Illness
• Infection
• Stress

Onset
• Over time—several hours or days

Symptoms

Mild
• Thirst
• Frequent urination
• Fatigue/sleepiness
• Increased hunger
• Blurred vision
• Weight loss
• Stomach pains
• Flushing of skin
• Lack of concentration
• Sweet, fruity breath

Circle student’s usual symptoms.

Moderate
• Mild symptoms plus:
• Dry mouth
• Nausea
• Stomach cramps
• Vomiting
• Other: ________________

Circle student’s usual symptoms.

Severe
• Mild and moderate symptoms plus:
• Labored breathing
• Very weak
• Confused
• Unconscious

Circle student’s usual symptoms.

Actions Needed
• Allow free use of the bathroom.
• Encourage student to drink water or sugar-free drinks.
• Contact the school nurse or trained diabetes personnel to check urine or administer insulin, per student’s Diabetes Medical Management Plan.
• If student is nauseous, vomiting, or lethargic, ____ call the parents/guardian or ____ call for medical assistance if parent cannot be reached.

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