|  |
| --- |
| **EMERGENCY PROCEDURES FOR LOW BLOOD SUGAR (HYPOGLYCEMIA)** |
| **Symptoms of low blood sugar (BG) may include any of the following:** | **Symptoms of severe low BG:** |
| [ ] Shakiness, poor coordination | [ ] Irritability, mood changes | * Unresponsive or unconscious
 |
| [ ] Dizziness | [ ]  Cold, clammy, sweaty, or pale skin | * Having a seizure
 |
| [ ] Blurred vision | [ ] Weakness and fatigue | * Uncooperative; will not allow another to give fast-acting sugars by mouth
 |
| [ ] Headache | [ ] Hunger |
| [ ] Confusion / lack of concentration | [ ] Other |  |
| **EMERGENCY ACTION PLAN** | **EMERGENCY ACTION PLAN** |
| Stay with student at all times. Treat low blood sugar where they are. | 1. Place student in recovery position |
| **1. Check** blood sugar (BG) as per Management Plan; Students who are normally independent at checking BG may need help if their BG is low.  | 2. Call 911 |
| 3. Call Parent/Guardian/Emergency Contact |
| If BG is Under 4: | **2. Treat** by giving fast-acting sugars. | 4. Do not give food or drink to student |
| **3. Repeat** BG check after 10-15 minutes. | 5. Stay with student until EMS arrives. |
| **4. Check-Treat-Repeat** until BG is above 4. | 6. Provide EMS with student’s medical information  |
| If BG Above 4: | * If snack is more than an hour away, give snack.
 | 7. Parent can administer glucagon |
| * If snack is in less than an hour, take no action.
 |  |

|  |
| --- |
| **EMERGENCY PROCEDURES FOR HIGH BLOOD SUGAR (HYPERGLYCEMIA)** |
| **Symptoms of high blood sugar (BG) may include any of the following:** | **Symptoms of severe high BG:** |
| [ ] Excessive thirst and/or hunger | [ ] Frequent urination | * Vomiting
 |
| [ ] Blurred vision | [ ]  Warm, flushed skin | * Rapid shallow breathing
 |
| [ ] Headache and/or abdominal pain | [ ] Other | * Fruity-smelling breath
 |
| **EMERGENCY ACTION PLAN** |
| **1. Check** blood sugar (BG); Students who are normally independent at checking BG may need help if their BG is low. |
| **2. Treat** by allowing student to drink as much water or sugar-free liquids as they like; Allow free access to washroom. |
| **3. When symptoms of illness are present, or BG is above** ## **mmol/L, call parents immediately**.  |
| **KETONES** | [ ]  Student does not check for ketone at school. | If BG is above ##mmol/L: Choose from drop-down: |
| If ketones are: | **Urine Stick** | **Blood Meter** | **Action** |
| Negative to small | Less than 0.6 | Proceed to treat as hyperglycemic as above. |
| Moderate to large | At or above 0.6 | Contact parents for further instructions. |