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| **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. | |  |

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| **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. |