

Signs of Low Blood Sugar:
 Fatigue, excessive sweating, trembling, clammy, dizziness, headache, hunger pangs, visual impairment, accelerated heart beat, anxiety, difficulty concentration, blackouts, confusion, crying, irritability, poor coordination, nausea, inappropriate behavior.

Signs of high Blood sugar:
Early Symptoms:
 Thirsty /dry mouth, frequent urination, fatigue/sleepiness, increased hunger, blurred vision, lack of concentration.
Symptoms progressively become worse:
 Sweet breath, nausea/stomach pains, vomiting, weakness, confusion, labored breathing, unconsciousness/coma.

Algorithms for Blood Glucose Results

Check Blood Glucose

Below 70

70-90

91-125

126-240

Above 240

1. Give fast Acting sugar source and carbohydrate*.
 2. Observe for 15 minutes.
 3. Retest Blood Glucose, if less than 70 repeat sugar source. If over 70 give carbohydrate and protein snack (e.g. Crackers and cheese) if not eating within 15 minutes.
 4. Notify School nurse.
 5. Notify Parent/PMD if less than 50.
- If Student Becomes Unconscious, Seizures, or is Unable to Swallow:**
1. Call 911
 2. Turn student on side to ensure open airway.
 3. Give glucose gel and glucagons if ordered.
 4. Notify school nurse, parents/PMD.

1. Give fast acting carbohydrate. If meal or snack is within 30 minutes, no additional carbs are needed. If student is not going to eat within 30 minutes additional carb and protein snack is to be given.
- If student's blood sugar result is immediately following strenuous activity, give an additional fast acting sugar.**

If exercise is planned before a snack or a meal, including recess, the student must have a snack before participating.

Student is fine

Check Ketones (If ordered)
 (can not exercise unless urine is negative for Ketones.)
Provide extra water.

Ketones Present – Notify School Nurse Immediately. Notify Parents/PMD.

Provide 1-2 glasses of water every hour.

Do not exercise.

If at any time student vomits, becomes lethargic, and/or has labored breathing CALL 911.

Fast Acting Sugar Sources (Do not give chocolate)	
<ul style="list-style-type: none"> • 15 gm. Glucose tablets • 15 gm. Glucose gel • 1/3 c. sugared soda • ½ c. orange juice 	<ul style="list-style-type: none"> • ½ c. apple juice • ¼ c. grape juice • ½ tube cake mate gel

Student's Name:
School:
Nurse Contact number/pager:
Physician's number:
Parents Phone Numbers:

******Never send a child with suspected low blood glucose anywhere alone.**