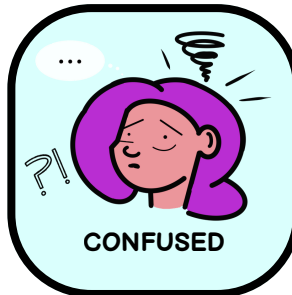
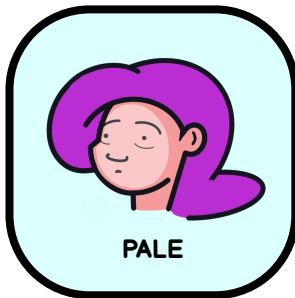


# HYPOGLYCEMIA

## Recognizing and treating low blood glucose

Hypoglycemia (low blood sugar, a low, or a hypo) happens when there's not enough glucose in your blood to fuel your body and brain. Here are some of the symptoms you might experience:

### HYPOGLYCEMIA SYMPTOMS



# HYPOGLYCEMIA

Recognizing and treating low blood glucose

SOMETHING FEELS OFF...



**IF YOU FEEL SYMPTOMS...TREAT FIRST, CONFIRM AFTER.**

# HYPOGLYCEMIA

Recognizing and treating low blood glucose

## TREAT IT QUICKLY

!! **LOW? → 15-20G SUGAR → WAIT 15 MIN → CHECK AGAIN** !!

Check your blood glucose. Use a glucose meter if necessary.

If it's low, treat with 15-20g of fast-acting carbohydrate such as a juice box, jellybeans, glucose tablets, or a sugary (non-diet) drink.

Recheck in 15 minutes. Treat again if low.

### FOLLOW UP (IF NEEDED)

### GET HELP IMMEDIATELY IF YOU'RE EXPERIENCING A SEVERE HYPO

DON'T WORRY! I'M HERE TO HELP!

EMERGENCY 999

YES I'VE GOT THE GLUCAGON. IS THE AMBULANCE ON THE WAY?

If you're experiencing severe hypoglycemia or loss of consciousness, DO NOT manage it alone. Administer glucagon via injection or nasal glucagon if available and call emergency services ASAP!

YEAH I'M STARTING TO FEEL BETTER! PHEW!!

If your next meal isn't soon, have a small snack with longer-acting carbohydrate. You should hopefully start to feel better!