1. Recognize signs and symptoms of hypoglycemia
   - Cold, clammy or sweaty skin
   - Pallor
   - Difficulty concentrating
   - Shakiness, lack of coordination (e.g. deterioration in writing or printing skills)
   - Irritability, hostility and poor behaviour
   - Fatigue
   - Nervousness
   - Excessive hunger
   - Headache, blurred vision and dizziness
   - Abdominal pain and/or nausea

   **Important:** Hypoglycemia can happen very quickly.

2. Treatment of mild or moderate hypoglycemia
   Provide treatment as instructed by the parent, or one of the following:
   - 15 grams of glucose in the form of glucose tablets
   - 15 mL (1 tablespoon) or 3 packets of table sugar dissolved in water
   - 175 mL (3/4 cup) of juice or regular soft drink
   - Soft candy (e.g. 15 skittles or 2 packages of rockets)
   - 15 mL (1 tablespoon) of honey

3. Wait 10 minutes. If there is no improvement try step 2 again

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**Emergency treatment of SEVERE hypoglycemia**

DO NOT give food or drink if the student is:
   - Unconscious
   - Having a seizure
   - Unable to swallow

DO:
   - Roll the student on his/her side
   - Call 911 or emergency medical services
   - After calling 911, contact the parent or guardian identified on the Kids with Diabetes information card.