

QUICK REFERENCE EMERGENCY PLAN for Child Child – Type I Diabetic

When to check blood sugar: any time Child feels the need to.

He may self test and treat for blood glucose <70

OR if he has symptoms of low blood sugar, including:

- ✓ Irritability, confusion, becomes excessively hyper
- ✓ Erratic responses to questions
- ✓ Sleepiness, tummy ache / nausea
- ✓ Shaky, dizzy, headache

Insert
Photo
of Child
Here

>300 – Very high glucose levels may cause disorientation, nausea, or drowsiness. Send to clinic.

150-250 – He's slightly high. He may start feeling unwell. Encourage water. Report symptoms to health tech.

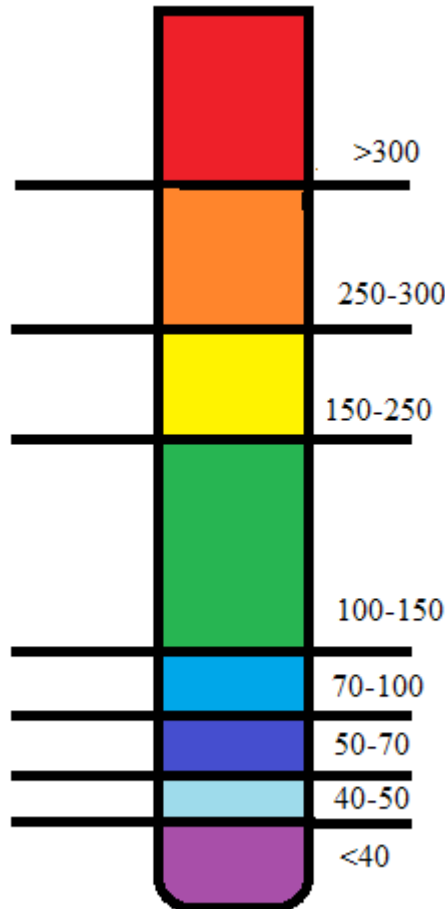
70-100 – Below target. If he complains of feeling unwell he may have 15g or less carb snack. If exercise is planned he **MUST** have 15g carb and recheck in 15 minutes. He may not participate in PE if glucose is below 100.

<50 - Severe hypoglycemia. If he is alert give 20-25g fast-acting carb snack, such as juice, glucose tabs or candy **immediately** and notify health tech. Call parent.

****If he cannot or will not eat or drink, this is an **EMERGENCY**.**

Do not leave him unattended. Notify health tech to administer GLUCAGON. CALL 911. Call Parent.

Failure to treat a low of this severity **IMMEDIATELY** may result in unconsciousness, seizures, coma or death.



250-300 – His blood sugar is too high. He may feel unwell, be thirsty, or need restroom more frequently. Allow him to go to the clinic or phone parent for instruction, if needed.

100-150 – Optimal Range. No restrictions in this range.

50-70 – He is hypoglycemic. If he seems okay please send to clinic **with an escort**. If he is shaky, disoriented or dizzy, please give 15g fast-acting carb such as juice, glucose tabs or candy **immediately** and notify health tech. Call parent.

At All Times:

- Numbers are guidelines – treat symptoms. **Always recheck blood glucose 15 minutes after treatment.**
- Child should be given free access to water, and bathroom use at all times
- Child may arrive late or leave early for diabetes care. Please mark as excused tardies / absences.
- Following an episode of low sugar, it can take several hours to fully recover. Students do not typically perform at optimal levels following a low or high blood sugar episode.
- *Belligerence is a hallmark sign of low blood sugar. Please assess the situation if noted.*