

## HIGH BLOOD SUGAR<sup>17</sup>

### Hyperglycemia Causes

- Not enough insulin
- Pump malfunction
- Too much food
- Decreased activity
- Illness, infection, stress

### What to do

- Check blood sugar if possible
- Check for ketones per roadmap, if possible
- Allow unrestricted fluids and bathroom use
- Call parents

### Symptoms to watch for

Increased thirst

Increased urination

Fatigue

High blood sugar

Ketones in urine

### If left untreated

Weakness, body aches,  
pain in abdomen

Heavy labored breathing

Loss of appetite, nausea,  
and vomiting

## LOW BLOOD SUGAR

### Symptoms to watch for

Cold sweats

Pale appearance

Faint or dizzy

Headache

Pounding heart,  
shaking, nervous

Blurred vision

Hunger

Irritability

### If left untreated

Loss of consciousness,  
seizure, coma

### Hypoglycemia Causes

- Too much insulin
- Not enough food, delayed meal
- High activity

### What to do

- Never leave student alone, escort to health office
- Check blood sugar level, and follow roadmap
- If unable to test, treat for low blood sugar
- If unconscious, do not give anything by mouth
- Give glucagon, turn on side and call 911