Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) Photo

Student's Name						
Grade/Teacher			Date of Plan			
Emergency Contact	Information:					
Mother/Guardian			Father/Guardian			
Home phone	Work phone	Cell	Home phone	Work pho	ne Cell	
School Nurse/Train	ed Diabetes Personne	1 (Contact Number(s	s)		
	Never send	a child with suspected	low blood sugar a	anywhere alon	e.	
Causes of Hyp • Too much • Missed • Delayed		insulin Control		Onset Sudden		
	• Too much or too • Unschedu	o intense exercise	intense exercise			
	• Unschedu	ied exercise	—			
		Symp	otoms	$\overline{}$		
		1	1			
 Mild Hunger Shakiness Weakness Paleness Anxiety Irritability Dizziness Mild Sweating Personality change Inability to concentrate Other:		Moderate • Headache • Blurry vision • Weakness change • Slurred Speech • Poor coordination • Other Circle student's usual symptoms.			Severe • Loss of consciousness • Seizure • Inability to swallow Circle student's usual symptoms.	
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Notify School	Nurse or Trained Management Plan.	Actions Diabetes Personnel. When in doubt, alw	If possible, chec	k blood suga R HYPOGL	r, per Diabetes Medical YCEMIA.	
Mari		Mod	Malauri		Severe	
• Student may/may not treat self. • Provide quick-sugar source. 3-4 glucose tablets or		Someone assistsGive student qu	ModerateSomeone assists.Give student quick-sugar source per MILD guidelines.		Don't attempt to give anything by mouth.Position on side, if possible.	
4 oz. juice or 6 oz. regular soda		• Wait 10 to 15 m	• Wait 10 to 15 minutes.		Contact school nurse or trained diabetes personnel.	
3 teaspoons of glucose gel • Wait 10 to 15 minutes. • Recheck blood glucose. • Repeat food if symptoms persist or blood glucose is less than		Repeat food if s or blood glucose	 Recheck blood glucose. Repeat food if symptoms persist or blood glucose is less than Fallow with a graph of 		Administer glucagon, as prescribed.Call 911.Contact parents/guardian.	
• Follow with a single carbohydrate and cheese and crack	d protein (e.g.,	• Follow with a snack of carbohydrate and protein (e.g., cheese and crackers).			Stay with student.	

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