Quick Reference Emergency Plan for a Student with Diabetes

Hypoglycemia (Low Blood Sugar) Photo

Student's Name								
Grade/Teacher		Date of Plan						
Emergency Contact In	nformation:							
Mother/Guardian Father/Guardian								
Home phone	Work phone	Cell	Home phone	7	Work phone Cell			
School Nurse/Trained	Diabetes Personne	Contact Number(s)						
	Never send a	a child with suspect	ed low blood sugar a	nywł	nere alone.			
	Causes of Hy	ch insulin od food ed food o intense exercise	insulin food food ntense exercise					
L		, ¥	*					
		Syn	nptoms					
 Mild Hunger Shakiness Weakness Paleness Anxiety Irritability Dizziness Sweating Prowsiness Personality change Inability to concentrate Other: 		Moderate • Headache • Behavior change • Poor coordination • Weakness • Slurred Speech • Confusion • Other			Severe • Loss of consciousness • Seizure • Inability to swallow			
Circle student's usual symptoms.		Circle student's usual symptoms.			Circle student's usual symptoms.			
*		*		,	*			
Notify School N	urse or Trained I anagement Plan.	Diabetes Personne	ns Needed l. If possible, check ways TREAT FOR	blo HY	od sugar, per Diabetes Medical POGLYCEMIA.			
Ψ			*	1	*			
Mild • Student may/may not treat self. • Provide quick-sugar source. 3-4 glucose tablets or 4 oz. juice		Moderate Someone assists. Give student quick-sugar source per MILD guidelines.			Severe • Don't attempt to give anything by mouth. • Position on side, if possible.			
or 6 oz. regular soda		• Wait 10 to 15 minutes.			Contact school nurse or trained diabetes personnel.			
or 3 teaspoons of glucose gel • Wait 10 to 15 minutes. • Recheck blood glucose. • Repeat food if symptoms persist or blood glucose is less than • Follow with a snack of		 Recheck blood glucose. Repeat food if symptoms persist or blood glucose is less than Follow with a snack of 			Administer glucagon, as prescribed.Call 911.Contact parents/guardian.			
carbohydrate and protein (e.g., cheese and crackers).		carbohydrate and protein (e.g., cheese and crackers).			Stay with student.			

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for a Student with Diabetes

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