STAY SAFE FROM SEVERE HYPOGLYCEMIA

**Know How to Lower Your Risk for Severe Hypoglycemia**
-**Lower your risk for severe hypoglycemia** by eating the right amount of food and following your meal plan.
-**Tighten your control** by sharing your blood glucose (sugar) test results with your provider.

**Know How to Be Prepared for Hypoglycemia**
- Keep your blood glucose monitor with you at all times.
- Keep a glucagon kit on hand.
- Make sure family members, friends, and caregivers know how to use your emergency glucagon kit.
- Wear a diabetes medical identification bracelet or necklace.

**Know How to Take Action If You Start to Have Symptoms**
- Once your blood glucose reaches 70 mg/dL or higher, eat a meal or snack.
- Offer the person some type of fast-acting sugar (4 glucose tablets, 5-6 pieces of hard candy, 6 oz. of regular soda).

Know the Signs and Symptoms of Hypoglycemia

- Hunger
- Nervousness
- Shaking
- Sweating
- Cold clammy skin
- Headache
- Pounding heartbeat
- Dizziness
- Sleepiness
- Weakness
- Irritability
- Trouble speaking
- Confusion
- Seizures
- Convulsions
- Loss of consciousness
- Coma

**Know How to Take Action If You Are a Family Member, Friend, or Caregiver and Notice Signs of Hypoglycemia**
-**Know the signs and symptoms of hypoglycemia**
-**Know how to take action** if you are a family member, friend, or caregiver and find the person unconscious.

**Know How to Be Prepared for Hypoglycemia**
- Keep your blood glucose monitor with you at all times.
- Carry some type of fast-acting carbohydrate (sugar) like glucose tablets or hard candy with you at all times.
- Have a glucagon kit on hand.
- Make sure family members, friends, and caregivers know how to use your emergency glucagon kit.
- Wear a diabetes medical identification bracelet or necklace.

**Know How to Take Action If Your Blood Glucose Is Less Than 70 mg/dL**
- If your blood glucose is less than 70 mg/dL, eat 15 grams of fast-acting carbohydrate (4 glucose tablets, 5-6 pieces of hard candy, 6 oz. of regular soda).

**Know How to Take Action If Your Blood Glucose Is Still Low**
- If your blood glucose is still low, continue to treat and call 911.
- Wait 15 minutes, then check your blood glucose level again.

**Know How to Take Action If Your Blood Glucose Level Is Above 70 mg/dL**
- If it is above 70 mg/dL, have the person eat a snack or meal.
- If it is still below 70 mg/dL, continue to treat as outlined above and call 911.
- Have the person check their blood glucose level again after 15 minutes.

**Know How to Prepare for Hypoglycemia**
- Have a blood glucose monitor with you at all times.
- Carry some type of fast-acting carbohydrate (sugar) like glucose tablets or hard candy with you at all times.
- Have a glucagon kit on hand.
- Make sure family members, friends, and caregivers know how to use your emergency glucagon kit.
- Wear a diabetes medical identification bracelet or necklace.

**Be alert for confusion or disorientation.** This may mean that the blood glucose level is dropping to a severe level.

**Check your blood glucose before driving any vehicle or operating machinery.**