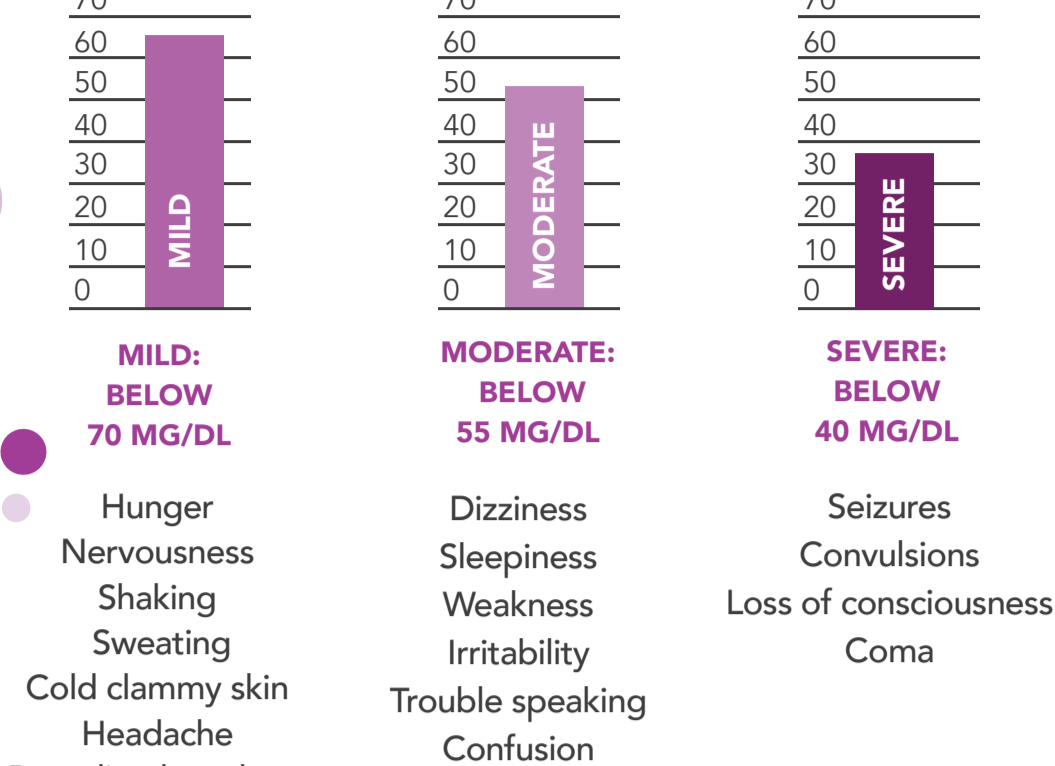


KNOW HYPO

STAY SAFE FROM SEVERE HYPOGLYCEMIA

KNOW THE SIGNS AND SYMPTOMS OF HYPOGLYCEMIA



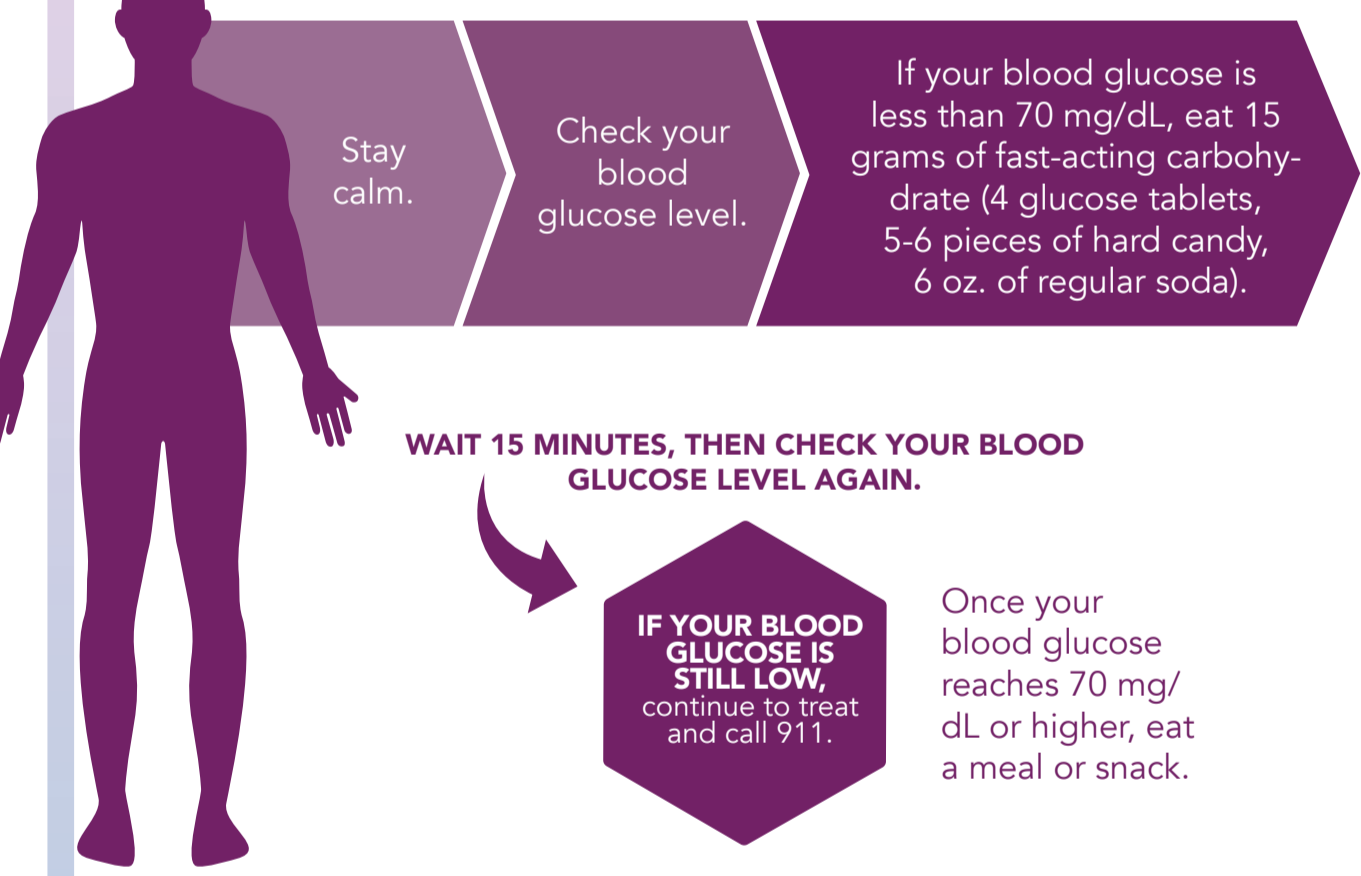
KNOW HOW TO LOWER YOUR RISK FOR SEVERE HYPOGLYCEMIA

- Know your blood glucose (sugar) target.
- Take action right away when you first have symptoms or when a check shows a low blood glucose (sugar) level.
- Talk to your provider about your diabetes management plan.
- Take your medicines exactly as directed. Follow your management plan closely.
- Check your blood glucose regularly.
- Follow your meal plan and time your meals as directed.
- Watch how much alcohol you drink.
- Monitor your blood glucose (sugar) closely during and after exercise.
- Tell your provider if you experience hypoglycemia often.
- Tell your provider if you notice that you usually have NO symptoms when your blood glucose levels are less than 70 mg/dL.

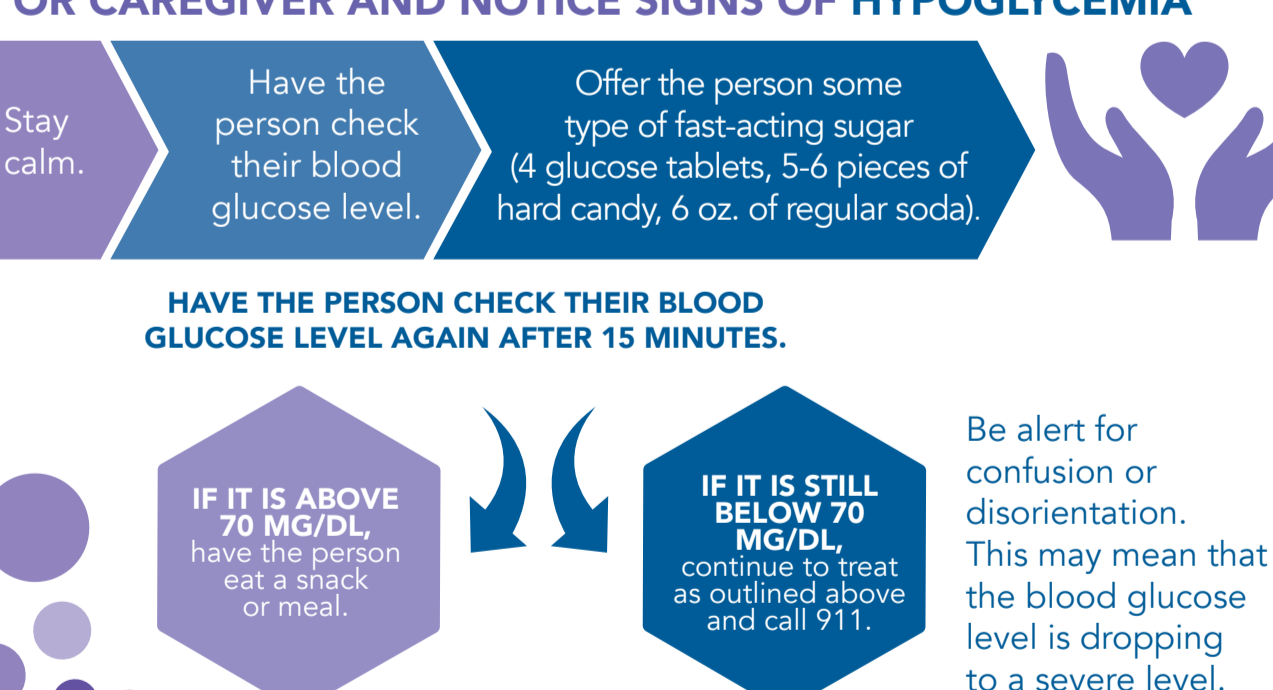
KNOW HOW TO BE PREPARED FOR HYPOGLYCEMIA

- 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.
- Check your blood glucose (sugar) before driving any vehicle or operating machinery.

KNOW HOW TO TAKE ACTION IF YOU START TO HAVE SYMPTOMS



KNOW HOW TO TAKE ACTION IF YOU ARE A FAMILY MEMBER, FRIEND, OR CAREGIVER AND NOTICE SIGNS OF HYPOGLYCEMIA



KNOW HOW TO TAKE ACTION IF YOU ARE A FAMILY MEMBER, FRIEND, OR CAREGIVER AND FIND THE PERSON UNCONSCIOUS

- Give the person a nasal spray or injection of glucagon.
 - Watch for improvement within 5 to 15 minutes.
 - Have the person eat some carbohydrates as soon as they are able.
- Call 911 if glucagon is not available, you don't know how to use it, or the person doesn't awaken fully after giving glucagon.

Patients Have Questions. We Have Answers.

Editors: Leonor Corsino, MD, MHS; Deena Adimoolam, MD
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