

# Quick Reference Emergency Plan for Student with Diabetes

**Hypoglycemia – Low Blood Sugar**  
Common Causes  
 Too much insulin  
 Missed or delayed food  
 Too much or too intense exercise  
 Unscheduled exercise

<p><b>MILD</b></p> <p>Hunger Dizziness Shakiness Sweating Lack of concentration Poor coordination Personality or behavior change Other _____</p>	<p><b>S Y M P T O M S</b></p>	<p><b>SEVERE</b></p> <p>Loss of consciousness Seizure Inability to swallow  Other _____</p>
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<p><b><u>BLOOD GLUCOSE &lt; 65 or 65-80 with symptoms</u></b></p> <p>-Provide 15 grams of carbohydrate (4oz of juice OR 3-4 glucose tablets)          -Wait 15 minutes          -Recheck blood glucose          -Repeat treatment if blood glucose is &lt; 65          -If &gt; 1 hours before a meal, give a snack of carbohydrate and protein</p>	<p><b>A C T I O N  P L A N</b></p>	<p><b>SEVERE</b></p> <p>-Call 911          -DO NOT give anything by mouth          -Contact trained medical personnel          -Administer Glucagon as prescribed into top of thigh or abdomen          -Roll child on his/her side after glucagon given          -Stay with child          -Contact parents</p>
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**Hyperglycemia – High Blood Sugar**  
Common Causes  
 Too little insulin  
 Too much food  
 Decreased activity  
 Illness / infection or stress

<p><b>MILD</b></p> <p>Increased hunger/thirst Frequent urination Fatigue / sleepiness Blurred vision Stomach pains Lack of concentration  Other _____</p>	<p><b>S Y M P T O M S</b></p>	<p><b>SEVERE</b></p> <p>Nausea / vomiting Moderate or large ketones Sweet, fruity breath Labored breathing Confused Unconscious  Other _____</p>
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<p><b><u>Check Urine KETONES</u></b>          if BS &gt;300 or symptoms of severe hyperglycemia  <b><u>NEGATIVE or TRACE KETONES</u></b></p> <p>-Give extra water or sugar free drinks          -Allow use of bathroom as needed          -Inform parents of frequent high readings</p>	<p><b>A C T I O N  P L A N</b></p>	<p><b>SMALL KETONES</b></p> <p>-Give at least 8oz. water every hour          -Recheck ketones at next urination          - Call parent</p>
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<p><b><u>MODERATE TO LARGE</u></b></p> <p>-Call parent          -Encourage water until parent is contacted          -If child has abdominal pain or is nauseous, vomiting or lethargic, call for medical assistance if parent can't be reached.          -Child cannot exercise if mod-large ketones present</p>
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**School Medical Management Plan Acknowledged and Approved by:**

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 Student's Parent/Guardian

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Qualified School Personnel

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Student's Physician/Health Care Provider

\_\_\_\_\_  
 Date