Breakthrough T1D®
Formerly JDRF

What You Need to Know about Hypoglycemia (Low Blood Sugar)

In order to stay healthy, people with type 1 diabetes (T1D) aim to keep their blood sugar levels between a target range of 70 mg/dL to 180 mg/dL. **Hypoglycemia**, also known as low blood sugar, occurs when **blood sugar levels fall below 70 mg/dL** and can potentially become **dangerously low very quickly**. It's imperative to take immediate action to raise low blood sugar levels to a safe range.

Low blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become low:

- Taking too much insulin for what I eat/drink
- Waiting too long to eat after taking insulin
- Physical activity

If my blood sugar level falls below 70 mg/dL these are some of the symptoms I may experience:

- Sweating
- Shaking
- Dizziness
- Poor coordination
- Blurry vision
- Difficulty concentrating
- Anxiety
- Irritability
- Hunger
- Nausea
- Erratic behavior

I need to check my blood sugar level and take immediate action to raise it by:

Eating/drinking **15 grams** of a fast-acting carbohydrates like:

- **3-4** glucose tabs or a packet of glucose gel
- **Or 4** ounces of juice or a **small** packet of fruit snacks
- **Or 4** ounces of regular soda
- Resting and re-checking my blood sugar level in 15 minutes

If I have a seizure or lose consciousness I need YOUR help immediately!

STAY CALM

Treat with a dose of glucagon
and turn me on my side

Call 911
and stay with me until they arrive

Call my parents or caregiver

With your support, we are creating a movement to improve and change life with T1D, advancing breakthroughs on the way to cures.

To find out more about resources and support, visit **BreakthroughT1D.org/t1d-resources.**

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What You Need to Know About Hyperglycemia (High Blood Sugar)

Hyperglycemia, also known as high blood sugar, occurs when a child's or teen's **blood sugar level rises above 180 mg/dL** and can be potentially **dangerous if left untreated** for a prolonged period. It's imperative to take immediate action to lower high blood sugar levels to a safe range.

High blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become high:

- Taking too little insulin for what I eat/drink
- Illness or infection
- Stress
- Pump site issue
- Growth spurt/ hormones

If my blood sugar level rises above 180 mg/dL, I may experience the following:

- Thirst
- Frequent urination
- Blurry vision
- Increased Hunger

I need to check my blood sugar level and take immediate action to lower it by:

- Checking my pump and infusion sites for blockage
- Drinking water and resting
- Re-checking my blood sugar level in 1 hour
- Deliver correction dose of insulin per parent/guardian
- Checking for ketones in my urine or blood if my blood sugar level is **above 240 mg/dL**

If my blood sugar level remains high I may be in diabetic ketoacidosis (DKA), which is a medical emergency.

Call my parents or caregivers immediately if I am showing symptoms of DKA.

- Fruity breath
- Exhaustion
- Confusion
- Nausea or vomiting

If I lose consciousness:

Call 911

and stay with me until they arrive