

# Diabetes and Low Blood Sugar

## What is it?

A disease that affects the levels of sugar in the blood.

Too much sugar or too little sugar causes problems. Some people with diabetes take medication, such as insulin, to maintain their sugar levels. Low blood sugar can occur if someone with diabetes has not eaten or is vomiting, has not eaten enough food for the level of activity, or has injected too much insulin.

## Signs/Symptoms:

If the person's blood sugar gets too low, their behavior can change. Signs of low blood sugar come on quickly:

- Irritable or confused
- Hungry or weak
- Sleepy
- Sweaty
- In some cases, they might have a seizure

## Plan of Action:

**If the person can't sit up or swallow:**

- Call 911
- Do not try to give them anything to eat or drink

**If the person can sit up and swallow:**

- Ask the person to eat or drink something with sugar that can rapidly restore blood glucose levels.
    - Ex: glucose tablets, orange juice, soft chewy candy, jelly beans, fruit leather, etc.
  - Have the person sit quietly or lie down
  - If the person does not improve in 10 minutes, call 911
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Revision #1

Created 2023-04-07 16:47:36 UTC

Updated 2023-04-07 17:00:03 UTC