

Know the Signs of Hypoglycemia

Low Blood Sugar

Each person's reaction to low blood sugar is different. Learn your own signs and symptoms, and learn more about diabetes self-management tips by talking with your health care provider, and at www.TeamingUp.us



Sweating



Trembling



Dizziness



Mood Changes /
Confusion



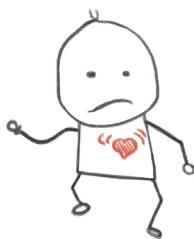
Hunger



Headaches



Blurred Vision



Fast Heartbeat



Extreme Tiredness
and Paleness

Steps for Managing Low Blood Sugar¹

1. Eat 15 grams of glucose or simple carbohydrates, as found in:
 - 1 tablespoon sugar, honey, or corn syrup
 - 4 oz (1/2 cup) of juice or regular (not diet) soda
 - Glucose tablets or gel (follow package instructions)
2. Wait 15 minutes and check blood sugar again
3. Repeat until blood sugar is within range
4. Once within range, follow up with a snack or meal within 1 hour

There may be no symptoms, so check blood sugar on the schedule recommended by your healthcare provider.

In case of emergency, contact:

Name _____ Phone number _____

If you have a true medical emergency, always contact 911.

¹Hypoglycemia (low blood glucose). American Diabetes Association website. <https://diabetes.org/healthy-living/medication-treatments/blood-glucose-testing-and-control/hypoglycemia>

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High Blood Sugar

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Dry Mouth



Extreme Thirst



Drowsiness



Frequent Urination



Stomach Pain /
Nausea



Frequent Bed-wetting

Steps for Managing High Blood Sugar²

Speak with your healthcare provider if you experience any of the symptoms of hyperglycemia as indicated above.

He or she may adjust your:

- Meal plan
- Physical activity routine
- Medications

Work with your healthcare provider to determine how often you need to check your blood sugar levels. There may be no symptoms, so check blood sugar on the schedule recommended by your healthcare provider.

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