

# EMERGENCY PLAN For Severe Low Blood Sugar

## INFORMATION

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Home address: \_\_\_\_\_

Phone: \_\_\_\_\_

Medical contact: \_\_\_\_\_

## EMERGENCY CONTACT

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

## COMMON SIGNS AND SYMPTOMS OF LOW BLOOD SUGAR



Trembling



Pounding heart



Sweating



Anxiety



Hunger



Seizure



Difficulty concentrating



Changes in behavior, such as confusion or irritability



Weakness



Drowsiness or dizziness



Vision changes



Difficulty speaking



Passing out

## OTHER SIGNS AND SYMPTOMS I USUALLY HAVE:

**IF YOU NOTICE SIGNS OR SYMPTOMS OF LOW BLOOD SUGAR AND I AM UNABLE TO HELP MYSELF, GIVE ME GLUCAGON.**

**NAME OF MY GLUCAGON:**

**HOW TO GIVE GLUCAGON:**

**MY GLUCAGON IS KEPT:**

## CARE PROVIDER TIPS

- DO NOT inject insulin
- Act quickly to treat severe low blood sugar with glucagon
- After giving glucagon, turn the person on their side if they are unconscious
- Call for emergency medical help
- Never leave someone with low blood sugar alone