

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

Hypoglycemia, also known as low blood sugar, occurs when a child's or teen's **blood sugar level falls below 70** 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 these are some of the symptoms I may experience:

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

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

Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate

You can also follow us on:

[facebook.com/myjdrf](https://www.facebook.com/myjdrf)

[@JDRF](https://twitter.com/JDRF)

[@JDRFHQ](https://www.instagram.com/JDRFHQ)

[youtube.com/user/jdrfonline](https://www.youtube.com/user/jdrfonline)