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:

- 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
  - 1 packet of glucose gel
  - Or 4 ounces of juice
  - Or 4 ounces of regular soda
  - Or a small packet of fruit snacks

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

- Call 911 and stay with me until they arrive
- Call my parents or caregiver
- Treat with a dose of glucagon and turn me on my side
- Resting and re-checking my blood sugar level in 15 minutes

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