

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

In order to stay healthy, people with type 1 diabetes (T1D) aim to keep their blood sugar levels between a target range of 70 to 180. **Hypoglycemia**, also known as low blood sugar, occurs when **blood sugar levels fall 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!

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