

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:

- 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:

- 3-4x glucose tabs or a packet of glucose gel
- Or 4 ounces of juice or a small packet of fruit snacks
- Or 4 ounces of regular soda

Resting and re-checking my blood sugar level in 15 minutes

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

STAY CALM

Treat with a dose of glucagon and turn me on my side

Call 911 and stay with me until they arrive

Call my parents or caregiver

For additional JDRF T1D resources and support visit jdrf.org/t1d-resources

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