**HYPOGLYCEMIA**
*(Low Blood Glucose)*

**Causes:** Too little food or skip a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden; may pass out if untreated.

**SYMPTOMS:**
- SHAKY
- FAST HEARTBEAT
- SWEATING
- DIZZY
- ANXIOUS
- HUNGRY
- BLURRY VISION
- WEAKNESS OR FATIGUE
- HEADACHE
- IRRITABLE

**WHAT CAN YOU DO?**

**CHECK**
your blood glucose, right away. If you can’t check, treat anyway.

**TREAT**
by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

**CHECK**
your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don’t stop, call your healthcare provider.

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HYPERGLYCEMIA
(High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.

Onset: Often starts slowly. May lead to a medical emergency if not treated.

SYMPTOMS:

- EXTREME THIRST
- NEED TO URINATE OFTEN
- DRY SKIN
- HUNGRY
- BLURRY VISION
- DROWSY
- SLOW-HEALING WOUNDS

WHAT CAN YOU DO?

- CHECK BLOOD GLUCOSE
- CALL YOUR HEALTHCARE PROVIDER

If your blood glucose levels are higher than your goal for 3 days and you don’t know why,