Type I Diabetes is a serious medical condition where the pancreas is unable to produce insulin to maintain proper blood sugar control. Student will need to check blood sugar periodically throughout the day.

**Hypoglycemia (Low Blood Sugar)**
- Listen to what the student tells you and observe closely how he appears
- Do NOT ignore early symptoms of low blood sugar – early treatment is important
- Do NOT leave or send student alone with suspected low blood sugar

**Symptoms of low blood sugar:**

<table>
<thead>
<tr>
<th>Shaky, hungry, pale, flushed</th>
<th>Sleepy, lethargic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritable, emotional</td>
<td>Headache, dizzy</td>
</tr>
<tr>
<td>Incoherent, unable to communicate</td>
<td>Poor coordination</td>
</tr>
<tr>
<td>Difficulty functioning, confusion</td>
<td>Unable to focus, concentrate</td>
</tr>
</tbody>
</table>

**Instructions for low blood sugar**
- Student should check blood sugar level if they feel low, before lunch and before physical activity
- If blood sugar is below target range or <80, student needs to eat 15g rapid acting sugar (i.e. half a can of regular soda, ½ c. fruit juice, 2-3 rolls Smarties, 15 Skittles, etc.)
- Recheck blood sugar 15 minutes after eating the sugar
- If still low repeat steps until within range
- If student is unable to check blood sugar and/or appears “low” then treat with sugar
- Notify parent

**IF STUDENT IS UNCONSCIOUS, SEIZING OR UNABLE TO SWALLOW:**
- Administer Glucagon (by trained personnel if available)
- CALL 911
- Call Parent/Guardian

**Hyperglycemia (High Blood Sugar) Signs**

<table>
<thead>
<tr>
<th>Frequent urination and thirst</th>
<th>Allow Student to drink water at all times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increased irritability, weakness</td>
<td>Allow Student to use the bathroom as often as needed</td>
</tr>
<tr>
<td>Unusual hunger</td>
<td>Light exercise may help lower high blood sugar</td>
</tr>
<tr>
<td>Blurred vision</td>
<td>Notify Parent</td>
</tr>
</tbody>
</table>

**Other Useful Information**
- Typical Target Blood Sugar Ranges may be 100-200 or 80-150, but vary by individual
- Students may test blood sugar at any time or any place in the school
- Student should take diabetic supplies and snacks with them at all times, including field trips or drills
- High or low blood sugar may affect ability to take tests
- Student may need to check blood sugar and treat during testing
- Diabetic students may eat anything that they want as long as they are dosed with insulin
- Communicate with parent/guardian about planned snacks or food in class
- Teacher to keep copy in sub folder

**Never send student with suspected low blood sugar anywhere alone**

Updated 8/30/2019