Quick Reference Emergency Plan – Level II
for a Student with Diabetes
Hypoglycemia
(Low Blood Sugar)

Student’s Name: ________________________________________________________________
Grade/Teacher: ___________________________ Date of Plan: __________________

Emergency Contact Information:
Mother/Guardian_______________________________________________________________
Home phone: __________________ Work phone: ______________Cell phone: ____________
Father/Guardian ________________________________________________________________
Home phone: __________________ Work phone: ______________Cell phone: ____________
Trained Diabetes personnel: ______________________________________________________

Scheduled classroom snack: ______________________________________________________

Is student self care? __________ Yes ________ No

Never send/leave a student with suspected low blood sugar anywhere alone

Causes of Hypoglycemia
• Too much insulin
• Missed food
• Delayed food
• Too much or too intense exercise
• Unscheduled exercise

Onset
• Sudden

Symptoms
Mild
• Hunger
• Shakiness
• Weakness
• Paleness
• Anxiety
• Dizziness

Moderate
• Headache
• Behavior change
• Poor coordination
• Able to swallow
• Other: __________

Severe
• Loss of consciousness
• Seizure

circle student’s usual symptoms

Actions Needed
WHEN IN DOUBT, ALWAYS TREAT FOR HYPOGLYCEMIA

Mild / Moderate
• Allow student to eat a quick sugar source. The student may have this sugar source in a backpack or teacher may have been provided an appropriate sugar source (4-6 life savers, glucose gel, glucose tablets)
• If the student is self-care, allow student to check blood sugar and eat quick sugar source if necessary, according to plan of care
• Please allow immediate access to the clinic if needed. Student will need to be escorted or may send another student for the nurse or trained diabetes personnel.

Severe
• Don’t attempt to give anything by mouth
• If unconscious, position on side, if possible
• Send a runner for the school nurse or trained diabetes personnel
• Keep calm and reassure other people nearby
• Stay with student
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Trained Diabetes Personnel: ____________________________________________________
Scheduled classroom snack: _____________________________________________________

Is student self care? _______ Yes _______ No

Causes of Hyperglycemia
• Too much food
• Too little insulin
• Decreased activity
• Illness/Infection
• Stress

Onset
• Over time-several hours or days

Symptoms

Mild
• Thirst
• Frequent Urination
• Fatigue/sleepiness
• Increased hunger
• Blurred vision
• Stomach pains
• Flushing of skin
• Lack of concentration
• Other: _________________

Moderate
• Mild symptoms plus:
• Dry mouth
• Nausea
• Stomach cramps
• Vomiting
• Sweet, fruity breath
• Other: _________________

Severe
• Mild and Moderate symptoms plus:
• Labored breathing
• Very weak
• Confused
• Unconscious

Mild/Moderate
• Allow free use of the bathroom
• Encourage student to drink water or sugar-free drinks
• If the student is self-care, allow student to check blood sugar and administer insulin as necessary, according to plan of care
• Allow student immediate access to the clinic if needed. Student will need to be escorted or may send another student for the nurse or trained diabetes personnel

Severe
• Don’t attempt to give anything by mouth
• If unconscious, position on side, if possible
• Send a runner for the school nurse or trained diabetes personnel
• Keep calm and reassure other people nearby
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