**Watch for symptoms of Hypoglycaemia (low blood glucose)**

- Sweating
- Paleness
- Trembling
- Hunger
- Weakness
- Changes in mood/behaviour
- Weeping
- Irritability
- Inability to think straight
- Lack of co-ordination
- Drowsiness
- Nausea/stomach cramps
- Trembling
- Weeping
- Drowsiness
- Hunger
- Irritability

**IF IN DOUBT, TREAT!**

**Emergency action**

If the person is conscious and has a blood glucose less than 4 mmol/L, give any ONE of these:

- Fruit juice 1/3 - 1/2 glass
- Honey 2-3 teaspoons
- Sugar 2-3 teaspoons
- Sugar containing soft drink 1/3 - 1/2 can
- Glucose tablets 10-15 grams
- Jellybeans 4 large or 7 small

You may need to coax the person to eat or drink. Symptoms should disappear in 10-15 minutes. Stay with the person and follow up with additional food such as milk or biscuits.

A blood glucose of less than 4 mmol/L should be treated even in the absence of symptoms.

**If the person has a fit or is unconscious, get emergency help!**

Ambulance phone number 000

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