SYMPTOMS OF LOW BLOOD SUGAR (HYPOGLYCEMIA)

**Cause:** Too little food or skipped meal, too much insulin, more activity than normal

**Onset:** Often comes on suddenly

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**ASYMPTOMATIC**
- Sometimes a child may not feel when their blood sugar is low.

**MILD SYMPTOMS**
- Sweating
- Rapid heart rate
- Shakiness
- Anxiousness
- Headache
- Hunger

**MODERATE SYMPTOMS**
- Irritable
- Poor coordination
- Lethargic
- Confusion

**SEVERE SYMPTOMS**
- Combativeness
- Loss of consciousness
- Seizure

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**ACTION PLAN**
- Check blood sugar via finger prick or CGM.
- Child may need to have a low treatment of fast acting carbs (juice box, glucose tabs, candy).
- Child may need to visit the school nurse.
SYMPTOMS OF HIGH BLOOD SUGAR (HYPERGLYCEMIA)

Cause: Too much food, too little insulin, illness, stress, excitement or fear, dehydration

Onset: Often comes on slowly

**ASYMPTOMATIC**
- Sometimes a child may not feel when their blood sugar is high.

**MILD SYMPTOMS**
- Increase thirst
- Increase urination
- Increase appetite
- Fatigue

**MODERATE SYMPTOMS**
- Blurred vision
- Extreme thirst
- Light-headedness
- Flushed, hot, dry skin
- Restlessness or drowsiness

**SEVERE SYMPTOMS**
- Rapid, deep breathing
- A strong, fruity breath odor
- Loss of appetite
- Belly pain, nausea and/or vomiting

**ACTION PLAN**
- Check blood sugar via finger prick or CGM.
- Child may need to drink water.
- Child may need to visit the school nurse to correct high blood sugar.