

# 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



## 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



## 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.