

This document is for

who has Type 1 diabetes.

Emergency Contact Info

Name:

Phone Number:

Low Blood Sugars

- Hypoglycemia is a condition with abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl.
- Common symptoms displayed:
- In the event of a low, it should be treated as follows:
 - 1:
 - 2:
 - 3:
- If left untreated, hypoglycemia may lead to a seizure or unconsciousness. Inject glucagon into the child's buttock, arm or thigh, following the glucagon kit instructions.

High Blood Sugars

- Hyperglycemia is the technical term for high blood sugars. This happens when the body has too little insulin or when the body can't use insulin properly.
- In the event of a high, it should be treated as follows:
 - 1:
 - 2:
 - 3:
- If over 240mg/dl, the child should check for ketones.

Insulin and Medicine

- Type of insulin taken:
- Ratios for meals and corrections
 - 1:
 - 2:
 - 3:
- Other medicines that are okay to administer:
- Other medicines that should not be given:

Snacks

- Snacks that can be given:
 - 1:
 - 2:
 - 3:
- Foods that cannot be eaten: