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
• Other: __________

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

Severe
• Loss of consciousness
• Seizure
• Blurry vision
• Weakness
• Slurred speech
• Confusion
• Other: __________

Onset of 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
- Stay with student

This information is confidential and can only be shared on a “need to know” basis.