

## Symptoms of Low Blood Sugar (Hypoglycemia)

### Some Symptoms:

**Causes:** Too little food or skipping a meal; too much insulin or diabetes pills; more active than usual.

**Onset:** Often sudden.



IF LOW BLOOD SUGAR IS LEFT UNTREATED, YOU MAY PASS OUT OR NEED MEDICAL HELP.

### What Can You Do?



**CHECK** your blood sugar right away. If you can't check, treat anyway.



**TREAT** by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.



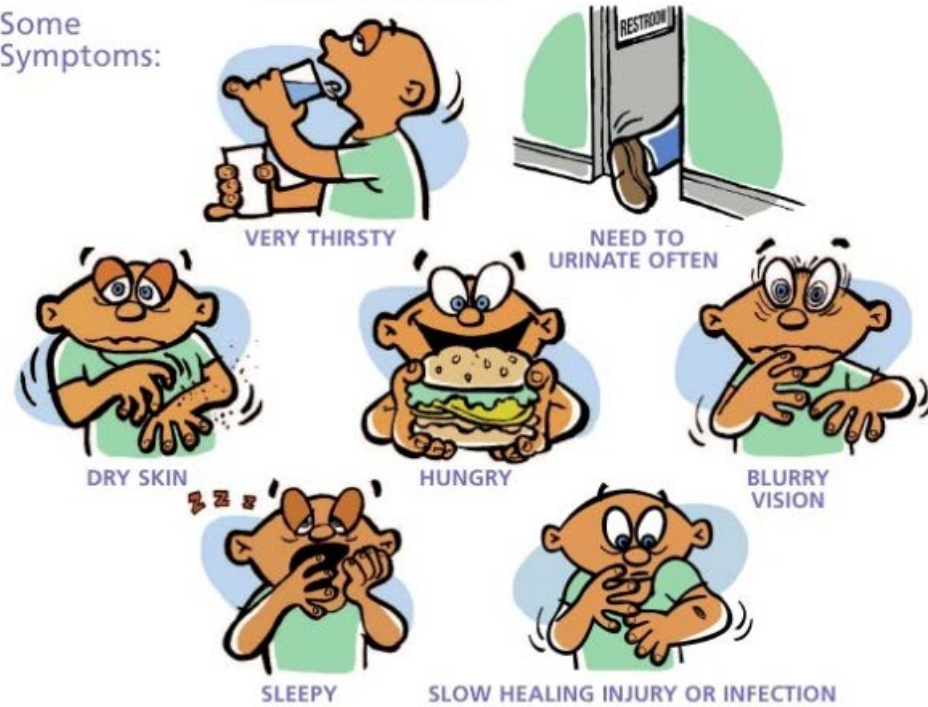
**CHECK** your blood sugar again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your doctor.

## Symptoms of High Blood Sugar (Hyperglycemia)

### Some Symptoms:

**Causes:** Too much food, too little insulin or diabetes pills, illness, or stress.

**Onset:** Often starts slowly.



HIGH BLOOD SUGAR MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

### What Can You Do?



**CHECK BLOOD SUGAR**

If your blood sugar levels are higher than your goal for three days and you don't know why,

**CALL YOUR DOCTOR**

