

## Diabetic Emergency

### Note

If you see the telephone symbol (☎) next to any sign below occurring in the student, call for help (EMS/9-1-1, school nurse, first aid-trained staff).

### Look for

- ☎ Unresponsive
- ☎ Cannot get the student to respond; student not able to follow directions or think clearly
- ☎ Seizures
- ☎ Shallow or deep, fast breathing (less than 10 or greater than 24 breaths/minute)
- ☎ Fruity breath odor
- Restlessness
- Shakiness, tremors, anxiety
- Mood changes, including crying, irritability
- Rapid pulse rate
- Cold, moist skin or dry, warm skin
- Heavy sweating
- Frequent urination
- Unusual paleness, flushed appearance

### Listen for

#### *statements about*

- ☎ Having a reaction
- ☎ Difficulty speaking (e.g., slurred speech)
- Stomach ache, nausea, vomiting
- Being hungry, did not eat recently
- Blurred, double vision
- Headache
- Numbness, tingling in lips, tongue

***Diabetic Emergency information  
is continued on the next page***

***Always follow school district policy when providing first aid or emergency care.***

## Diabetic Emergency

### **Action**

1. Give nothing by mouth if unconscious, not swallowing well, or seizing.
2. Roll an unconscious student onto one side.
3. Have student check own blood sugar. Follow his/her Emergency Care Plan.
4. If no personalized Emergency Care Plan, immediately give sugar if able to safely swallow (for example,  $\frac{1}{2}$  cup regular, not diet soda, fruit juice, glucose tabs, or paste if available, 5 sugar cubes or 3 packages sugar, 5 Lifesavers®, or other sugar-containing hard candy, 2 tablespoons raisins).
5. Watch student for 15 minutes for improving or worsening signs.
  - If signs of improvement, student may be cleared by school nurse to return to class.
  - If no improvement, or if condition worsens, call school nurse, parent, or EMS/9-1-1.
6. **Do not** allow student to ride the school bus or walk home if symptoms occur 30 minutes before dismissal. Call the parent to pick student up.