

Symptoms of Hypoglycemia (Low Blood Sugar)

CAUSES: Too little food, too much insulin or diabetes medicine, too much physical activity

ONSET: Sudden, may progress to insulin shock

BLOOD SUGAR: Below 70 mg/dL



SHAKING



RAPID
HEARTBEAT



HEADACHE



SWEATING



IMPAIRED
VISION



ANXIOUS



DIZZINESS



WEAKNESS,
FATIGUE



IRRITABLE



HUNGER

To Treat Hypoglycemia



CHECK BLOOD SUGAR

If you are at
70 mg/dl or less...



DRINK

4oz. of juice or
8oz. skim milk,
or eat several
hard candies.



CHECK BLOOD SUGAR

In 15 minutes.
If symptoms don't
stop, call your doctor.



WITHIN 30 MIN.

after symptoms end, eat
a snack of a peanut
butter or meat sandwich
and a glass of milk.



PROJECT DULCE™
DIABETES EXCELLENCE ACROSS COMMUNITIES

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