Could You Be At Risk?
Commit risk factors include:

- Inadequate diet
- Insulin problems, clumsiness
- Taking or in amounts in the lips, tongue, or mouth
- Unusual irritability or confusion

Know the Signs
Early, mild symptoms can include:
- Nausea, dizziness
- Sweating, chills

Severe symptoms can include:
- Blurred/impaired vision
- Clamminess
- Fast heartbeat
- Nausea, dizziness
- Confusion
- Tingling or numbness
- Unusual irritability or confusion

Common Causes
- Taking too much insulin, sulfonylurea, or insulin
- Skipping a meal or eating less than usual (if using a pump)
- Drinking alcohol, especially without food
- Exercising more than normal
- Taking more than needed of diabetes medication

The Toll of Low Blood Sugar

Common causes of what can you do?

You Can Never Be Too Prepared

What To Do If You’re Having a Low Blood Sugar Emergency

For mild emergencies:

- Ask someone if you’re alright
- Check your blood sugar levels
- Talk to your loved one’s clinician

For severe emergencies:

- Administer emergency hypoglycemia rescue glucagon therapy
- Call 911 right away if, in your judgement, treatment isn’t helping and symptoms aren’t improving

Family, Friends and Support Circle, What Can You Do?

For more information on low blood sugar, or to link to help you talk to your doctor, please visit bloodsugarlows.com