LOW BLOOD SUGAR IS DANGEROUS!

CAUSES OF LOW BLOOD SUGAR (less than 4.0 mmol/L):
- TOO LONG BETWEEN MEALS
- TOO MUCH INSULIN OR DIABETES PILLS
- TOO MUCH EXERCISE

SYMPTOMS OF LOW BLOOD SUGAR*
- Nervous or Anxious
- Cold and sweaty
- Feeling hungry or shaky
- Headache or Irritated
- Heart beating fast
- Can’t think or confused

TREATING LOW BLOOD SUGAR
- Large spoon full of sugar or honey
- If still feeling low, eat some food.
- Small cup of sugary drink, juice or soda
- or 3 chewable sweets
- BE SAFE!

PREVENTING LOW BLOOD SUGAR
- Take right dose of medications
- Plan food and meals. Carry sweets for emergencies.
- Test blood sugar when possible.

*IF SYMPTOMS PERSIST, SEEK MEDICAL ADVICE!