

Low Blood Sugar

Blood sugar is low when it is less than 70 mg/dL

Causes

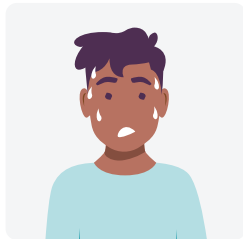
You may get low blood sugar if you:

- Take certain medicines
- Skip or delay meals
- Take too much insulin or diabetes medication
- Are more active than usual
- Are sick
- Drink alcohol without eating

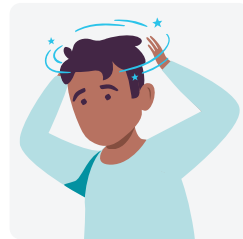
Signs



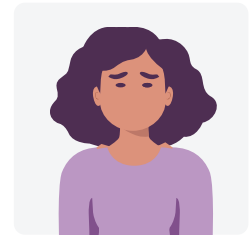
Shaky



Sweaty



Dizzy



**Confused,
Hard to Talk**



Hungry



**Weak or
Tired**



Headache



**Nervous or
Mad**

Or you may have no signs at all.
**If you don't treat low blood sugar, it can get worse
and you can pass out.**

How to Treat Low Blood Sugar

If you think you have low blood sugar...

CHECK

- Check your blood sugar
- If you can't check it, treat anyway

TREAT

Treat by eating or drinking things high in sugar, like:



**1/2 cup of
regular fruit
juice**



**4 glucose
tablets or
gel**



**1 Tablespoon
of sugar or
honey**



**1/2 can of
regular soda
(not diet)**



**1 Tablespoon
of raisins**

WAIT

Wait 15 minutes, then check blood sugar again

EAT or DRINK

If sugar is still low, eat or drink something high in sugar again