This document is for

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

who has Type 1 diabetes.

**Emergency Contact Info**

Name:

Phone Number:

**Low Blood Sugars**

* + - Hypoglycemia is a condition with abnormally low blood glucose (blood sugar) levels, usually less than 70 mg/dl.
    - Common symptoms displayed:
    - In the event of a low, it should be treated as follows:

1:

2:

3:

* + - If left untreated, hypoglycemia may lead to a seizure or unconsciousness. Inject glucagon into the child's buttock, arm or thigh, following the glucagon kit instructions.

**High Blood Sugars**

* + - Hyperglycemia is the technical term for high blood sugars. This happens when the body has too little insulin or when the body can't use insulin properly.
    - In the event of a high, it should be treated as follows:

1:

2:

3:

* + - If over 240mg/dl, the child should check for ketones.

**Insulin and Medicine**

* + - Type of insulin taken:
    - Ratios for meals and corrections

1:

2:

3:

* + - Other medicines that are okay to administer:

* + - Other medicines that should not be given:

**Snacks**

* + - Snacks that can be given:

1:

2:

3:

* + - Foods that cannot be eaten: