### SIGNS OF LOW **BLOOD GLUCOSE** (HYPOGLYCEMIA)

Know the signs of low blood glucose especially if you take certain diabetes pills or insulin



**MOOD CHANGES** 



TREMBLING



**PALENESS** 



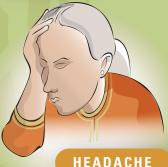
SWEATING



DIZZINESS



BLURRED VISION





**VERY TIRED** 

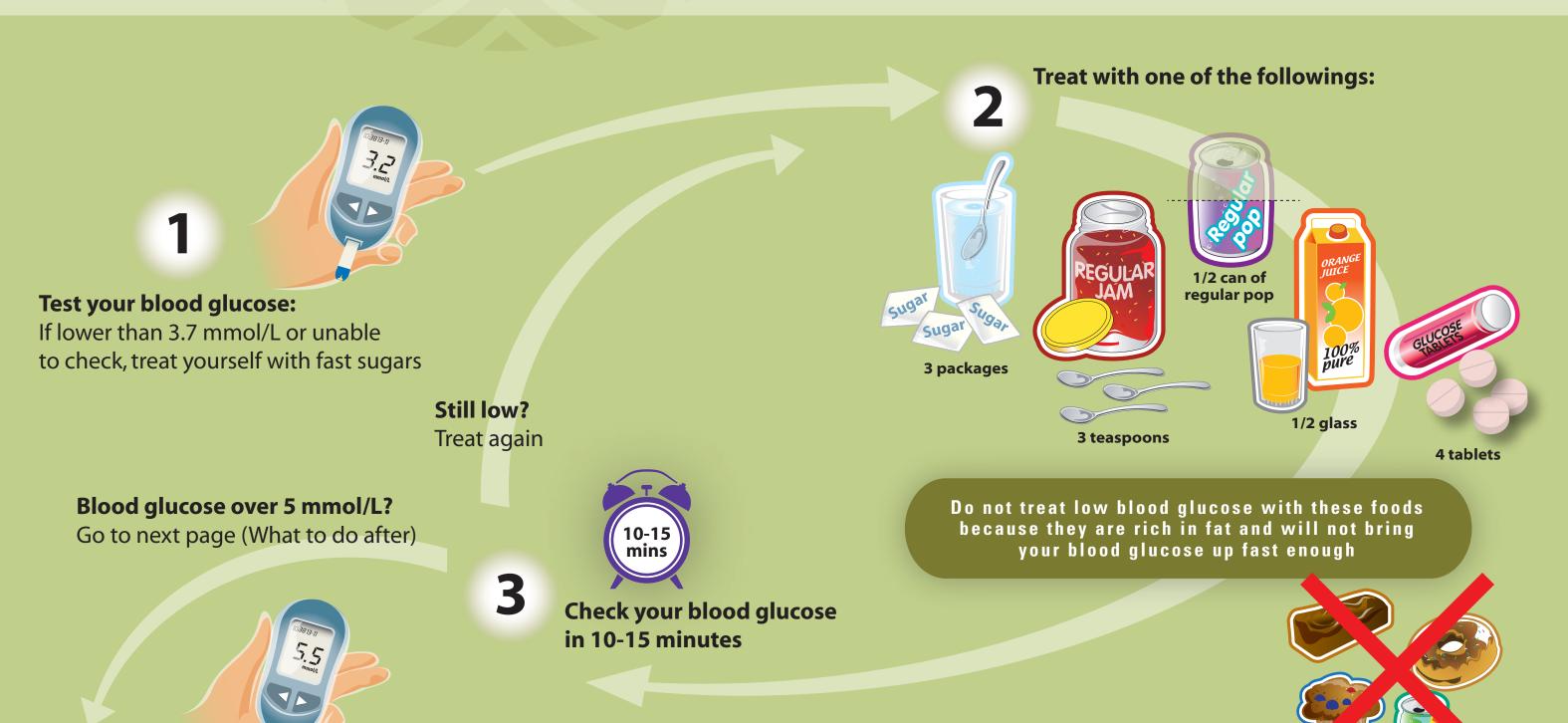


HUNGER

# STEPS TO TREAT LOW BLOOD GLUCOSE

When you feel signs of low blood glucose, make yourself safe: sit down or pull over if your are driving.

### Hypoglycemia is when your blood glucose level is lower than 3.7 mmol/L



## WHAT TO DO AFTER LOW BLOOD GLUCOSE

#### Blood glucose over 5 mmol/L



Take a break for 45 -60 mins.

Test again to make sure your blood glucose is more than 5 mmol/L before driving.

If your next meal is an hour away eat a snack.



### Why my blood glucose was too low?

- I skipped or delayed a meal?
- I ate little carbs and didn't decrease my medication?
- I was more active than usual and didn't decrease my medication?

mins

- I had too much insulin?
- I drank alcohol without eating?

If you have low blood glucose often you may need to adjust your medication.

Discuss it with your health care team.

Teach your family, friends and coworkers how to treat hypoglycemia in case you need assistance.

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