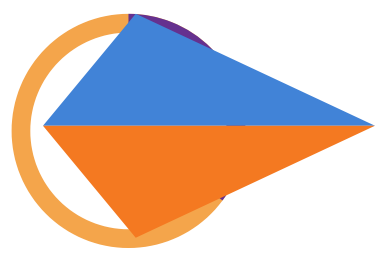
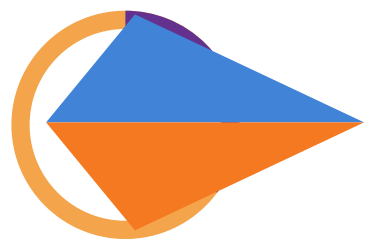


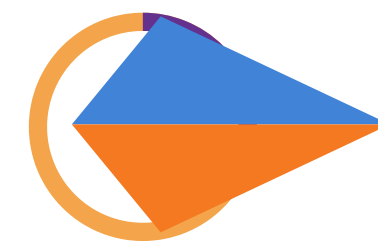
# HYPOGLYCEMIA (LOW BLOOD GLUCOSE) TREATMENT GUIDE FOR SCHOOLS



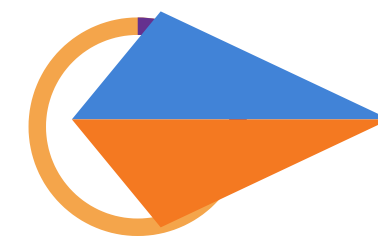
**1. RECOGNIZE**  
Child may have one or more of the following symptoms



**2. CONFIRM**  
Check blood glucose with a glucometer. Hypoglycemia is blood glucose less than 70 mg/dl

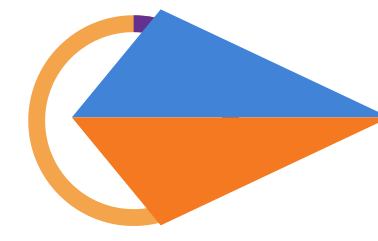
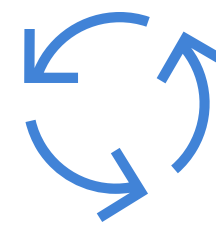


**If a glucometer not available - -TREAT ANYWAYS**  
**3. TREAT IN PLACE - DO NOT LEAVE THE CHILD ALONE - GIVE FAST-ACTING SUGAR**  
Let the child sit down and give ONE serving of any of the fast-acting sugar. Examples in the table 1

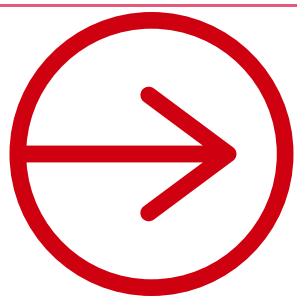
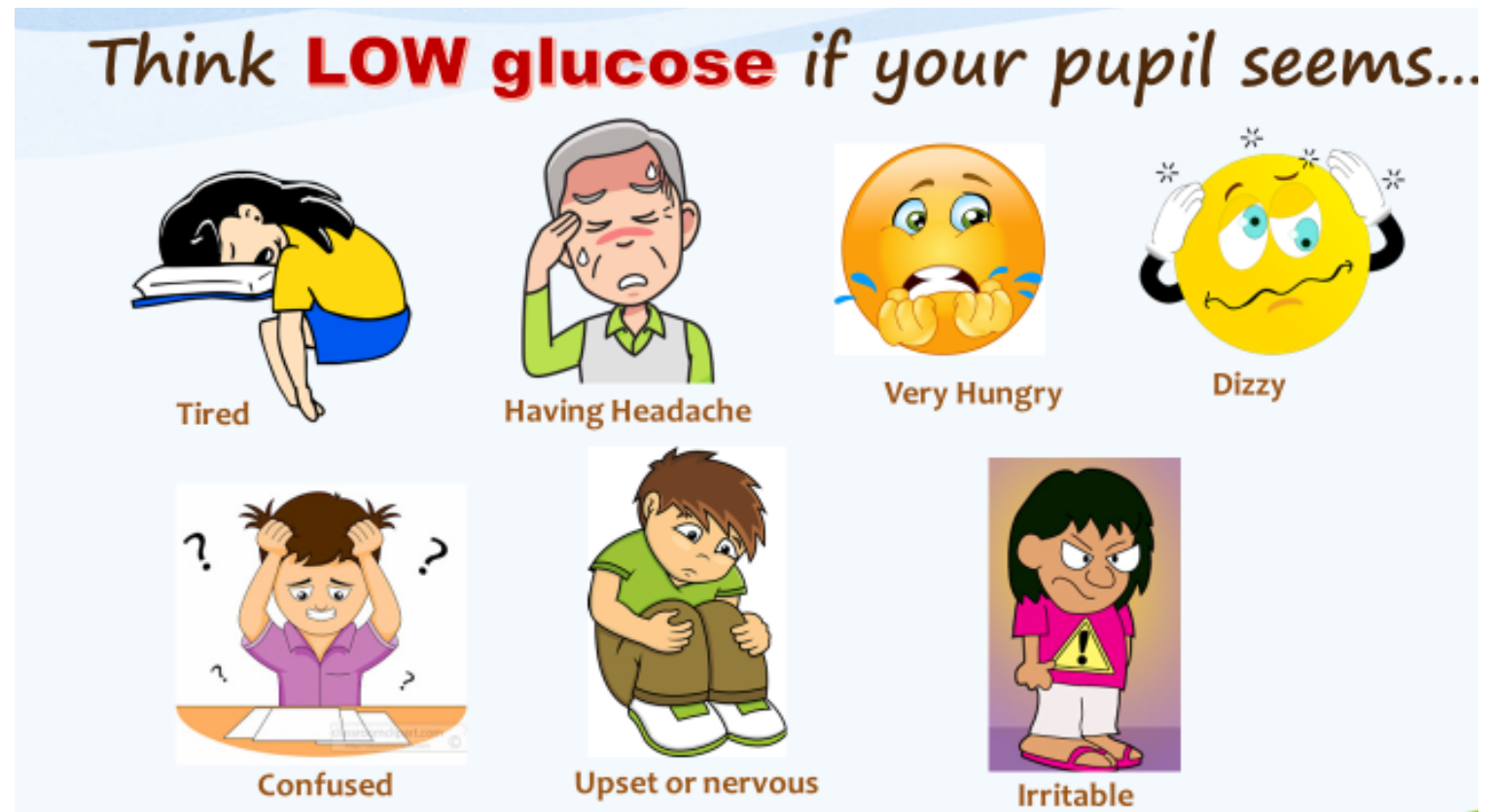


**4. RECHECK BLOOD GLUCOSE IN 15 MINUTES**  
If it is more than 70 mg/dl, proceed to step 5.

If less than 70 mg/dl, REPEAT steps 3 & 4



**5. GIVE A SNACK**  
If blood glucose is more than 70 mg/dl and next meals is not yet due, give a slow acting carb snack. Examples in table 2.



**IF CHILD IS DROWSY, UNCONSCIOUS, OR HAVING FITS.**

**DO NOT FEED FORCEFULLY**

PUT IN RECOVERY POSITION



CALL AN AMBULANCE/TAKE TO HOSPITAL



INFORM THE DOCTOR ABOUT CHILD'S DIABETES



Table 1.

Fast acting sugar	< 5 yr (5g)	5-10 yr (10g)	>10 yr (15g)
Table sugar or Glucose powder	1 teaspoon	1.5 teaspoon	1 tablespoon/ 2 teaspoons
Glucose bolts (2g/piece)	3 tablets	5 tablets	6-7 tablets
dextrose tablets	1-2 tablet	2-3 tablets	4 tablets
Juice	30 ml	70 ml	100 ml

Table 2.

Example snack after HYPO treatment Any ONE of these (15gm carbs)	
Unsweetened milk 200ml	
1/2 of big banana Or 1 small banana	
1 medium Apple	
1 Idli with tomato chutney	
Bread 1 piece with butter/chutney	