

## ***Sweet Subject School Education Program*** **Diabetes and High Blood Sugar**

High blood sugar can affect either diagnosed OR  
undiagnosed children

### ***What to look for***



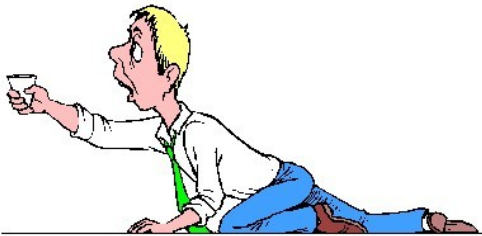
Irritability



Weight Loss



Frequent Urination



Extreme Thirst



Fruity Breath



Stomach Ache

### ***What to do:***

- Contact the child's parent and school nurse.
- **If the child has diabetes**, check to see if insulin has been taken, allow bathroom privileges and encourage the child to drink water or sugar-free drinks. If **blood sugar is over 300 mg/dl**, check for ketones in urine. Call parents/guardian if ketones are present.
- For more information, see Individuals with Disabilities Education Act of 1991.



For more information:  
Diabetes Foundation of Mississippi  
715 S. Pear Orchard Rd., Suite 210  
Ridgeland, MS 39157  
(601)957-7878  
[www.msdiabetes.org](http://www.msdiabetes.org)

The mission of the Diabetes Foundation of Mississippi is to provide hope through programs, services and research to *all* Mississippians - *from our children to our seniors* - affected by diabetes.

HAND OUT TO TEACHERS, PE COACHES, BUS DRIVERS,  
MUSIC TEACHERS, SUBSTITUTES, ETC

# DIABETES

and

## Low Blood Sugar

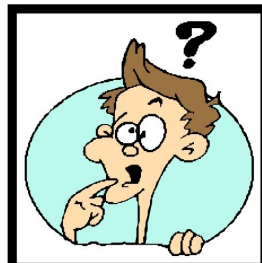
This is also known as *hypoglycemia* or an *insulin reaction*.

Children do not always recognize that they are low.

**One or more of these symptoms may indicate low**



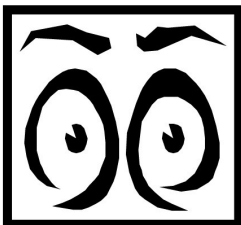
Irritable or Hungry



Incoherent or spacey



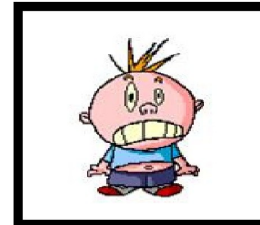
Drowsy, Inattentive



Glassy or dilated eyes



Shaky or perspiring



Unusual Behavior,  
Slurred Speech

### WARNING:

**DO NOT GIVE THE CHILD INSULIN OR LEAVE ALONE**

### What to do:

**Give sugar- one of the following choices** : 1/2 cup fruit juice, 3-4 glucose tablets, 2 packets of sugar, glucose gel, or 4 oz. regular (**not** diet) soda. The child may need coaxing to eat. Repeat treatment in 15 to 20 minutes, if no improvement. Test blood sugar if possible and call parents.

**If seizures occur, call 911.**