

Diabetic Emergency Quick Reference

If You Are Experiencing a Severe Medical Emergency, Please **Call 911** Immediately.

Managing diabetes means always being prepared for the unexpected. Use the quick-reference guides below to navigate sudden changes safely:

- **Severe Hypoglycemia (Low Blood Sugar):** Keep fast-acting carbohydrates nearby (glucose tablets, juice, or candy). Ensure family, friends, or coworkers know how and when to use a emergency glucagon kit if necessary.
- **Severe Hyperglycemia & DKA Signs (High Blood Sugar):** Monitor for high blood sugars that won't come down, nausea, vomiting, or ketones in your urine. Stay hydrated with water and contact your healthcare team immediately.
- **Your Backup Plan:** Always carry a portable emergency kit containing extra test strips, insulin, syringes/ pen needles, batteries for your pump, and a physical list of your current medications and emergency doctor contacts.
- **Family / Friends:** Make sure your family or friends know how or have been told how they can help you if you can't help yourself.
- **Blood Glucose Meter:** Know how to load the strip into the meter, how to prick a finger for a blood drop, and how what to do when you see the blood sugar number (Low is below 70, high is above 200)
- **Insulin:** Insulin drops blood sugar. Candy or juices or anything with sugar raises blood sugars. **DO NOT** give insulin if a person is **LOW**, if they are **HIGH**, you should be mindful of giving a bit of insulin and watching as their sugars come down.
- **Knowledge:** If you don't know how to help or are confused, **DON'T ACT, call 911**. If the diabetic can tell you what they need, listen and respond carefully, if they are not conscious, call for emergency services.