



Diabetes

Signs & Symptoms of Hypoglycemia & Hyperglycemia

Recognizing the signs and symptoms of low and high blood sugar is a lifesaving skill when you have diabetes, especially if you take insulin. Know the signs and what to do when you have low or high blood sugar.

Low Blood Sugar

Hypoglycemia is when your blood sugar is less than 70.

Common signs and symptoms of low blood sugar are:

- Confusion
- Dizziness
- Fast Heartbeat
- Feeling Nervous or Upset
- Feeling Weak or Tired
- Headache
- Hunger
- Shaking
- Sweatiness

The **“15-15 Rule”** is a helpful way to remember how to treat low blood sugar. Here’s what to do:

- Take 15 grams of fast-acting carbohydrates.
(4 glucose tabs)
- Wait 15 minutes.
- Check your blood glucose level again.
If it’s still below 70, repeat the cycle.



Additionally, the 15-15 rule may not be enough to treat very low blood sugar. Severe hypoglycemia can cause a loss of consciousness and be life-threatening. **Get medical attention right away.**



High Blood Sugar

Hyperglycemia is when your blood sugar is above 180 or outside of your target range.

Common signs and symptoms of high blood sugar are:

- Blurry Vision
- Dry Mouth
- Flu-like Symptoms, like feeling achy or unusually warm or cold
- Frequent Urination
- Headache
- Increased Thirst
- Nausea
- Weakness or Fatigue (feeling very tired)

Your diabetes care team will instruct you on safely lowering your blood sugar if it gets too high. Since it can be stressful to experience high blood sugar, try to **familiarize yourself with the plan beforehand**.

BLOOD SUGAR	UNITS OF INSULIN

If your blood sugar is still high after following your treatment plan, contact your healthcare provider or get emergency care. Untreated hyperglycemia can be life-threatening.

Get medical attention right away.

BHI At Home is here for you. Please contact our office for more information.

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