

Safety Tip

Date: March 15, 2018



LOW BLOOD SUGAR: KNOW THE SIGNS

HYPOGLYCEMIA is an abnormally diminished content of glucose in the blood. It is treated by restoring blood glucose level to normal by the ingestion of dextrose or carbohydrate foods.

Please report all medical incidents to a doctor. [If an emergency, call an ambulance.](#)

The symptoms :

- | | | |
|----------------|--------------|----------------|
| Cold | Headache | Dizziness |
| Clammy hands | Irritability | Shakiness |
| Blurred vision | Nausea | Aches or pains |

Treating low blood sugar :

1. Check glucose immediately.
2. Treat the symptoms with a quickly absorbed carbohydrate (see list below).
3. Follow-up with a slowly absorbed carbohydrate (see list below).
4. Wait 10-15 minutes, then check glucose again.
5. If glucose is still low. Repeat above steps.

Quick absorbed carbs :

Some examples

1. 15g of glucose (Tablets)
2. 3 tablespoons of honey or sugar
3. 1 cup of juice or softdrink
4. 6 lifesavers candies

Anything with 15g of carbs (always check package labels).

Slow absorbed carbs :

Some examples

1. A Sandwich
2. Cheese and crackers
3. A glass of milk
4. A piece of fruit

Anything with 15g of carbs and a protein source.

Note : Normal and diabetic blood sugar ranges. For the majority of healthy individuals, normal blood sugar levels are as follows: Between 4.0 to 6.0 mmol/L (72 to 108 mg/dL) when fasting. Up to 7.8 mmol/L (140 mg/dL) 2 hours after eating.

Source: Open

Safety Tips

An initiative to share a safety and security tip to encourage caution amongst society...it's **worth following and sharing with near and dear ones!** We encourage everyone to be a part of this initiative through their inputs and thoughts.