

# HIGH BLOOD SUGAR

Keeping your blood sugar under control is important. Too much sugar in your blood, for too long, can cause serious health problems.

**Common Causes:** Too much food, not taking enough insulin or diabetes pills, being less active than normal, stress or illness.

## SYMPTOMS INCLUDE:



WEAKNESS



HEADACHE



BLURRED VISION



THIRST & DRY MOUTH



FREQUENT URINATION



## WHAT TO DO:

- Check your blood sugar
- Continue to take your medicine
- Follow your meal plan
- Drink lots of water
- Exercise - if you can.

If your blood sugar is higher than your goal for 3 days and you don't know why, call your doctor or health clinic right away.



# LOW BLOOD SUGAR

A low blood sugar can happen quickly. If not treated right away, low blood sugar can cause a medical emergency. You can even pass out.

**Common causes:** Skip a meal or not eat enough food; too much insulin or diabetes pills; more active than usual.

## SYMPTOMS INCLUDE:



SWEATING  
& PALLOR



LACK OF  
COORDINATION



SLEEPINESS



HUNGER



IRRITABILITY

## WHAT TO DO:



Check your blood sugar right away. If it is below 70, treat for low blood sugar. If you can't check, treat anyway to be safe.



Treat by eating 3 packets or 1 tablespoon of regular sugar, 4 ounces of regular fruit juice, or 6 ounces of regular (not diet!) soda.



Check your blood sugar in 15 minutes. If it is still low (below 70), treat again. If you keep having problems and you don't know why, call your doctor or health clinic.