

RISK SIGNS

SIGNS OF LOW BLOOD SUGAR (HYPOGLYCEMIA)

- Sweaty
- Dizziness
- Weakness
- Headache
- Irritable

SIGNS OF HIGH BLOOD SUGAR (HYPERGLYCEMIA)

- Thirsty
- Hungry
- Frequent urination
- Blurry vision
- Dry skin

Avoiding Low or High Blood Sugar

MONITOR BLOOD SUGAR: Before exercising > before driving > when medications are changed
> vary the time of day to check blood glucose

TAKE MEDICATION CORRECTLY AND ON TIME: Take with meals > taking at same times daily > do not double dose
> do not skip doses > order refills before running out

AVOID SKIPPING MEALS: Plan meals ahead of time > carry a portable snack as a backup