**HYPOGLYCAEMIA**
**LOW**
Blood Glucose Level < 4.0mmol/L

**SIGNS AND SYMPTOMS**
Note: Symptoms may not always be obvious.
Pale, headache, shaky, sweaty, dizzy, drowsy, changes in behavior.

**CHILD'S NAME**

**CENTRE**

**INSULIN**
Insulin is taken 4 or more times per day.
An injection will be needed before lunch.
Able to inject insulin:
☐ independently
☐ with supervision
☐ with assistance

Injection will be given in:

**CALLED AMBULANCE DIAL 000**

**ROUTINE BGL CHECKING TIMES**
- Anytime, anywhere in the centre
- Prior to lunch
- Anytime hypo is suspected
- Prior to activity
- Prior to exams or tests (e.g. NAPLAN)

**PHYSICAL ACTIVITY**
- 1 serve sustaining carb before every 30 mins of activity or swimming
- Vigorous activity should **not** be undertaken if BGL > 15.0 and blood ketones are >1.0

**CALL AN AMBULANCE DIAL 000**

**SCHOOL SETTING**
Multiple daily injections
Use in conjunction with management plan

**DIABETES SCHOOL ACTION PLAN 2017**

**HYPERGLYCAEMIA**
**HIGH**
Blood Glucose Level >15.0mmol/L

**Signs and Symptoms**
Note: Symptoms may not always be obvious.
Some could be: increased thirst, increased urine production, poor concentration, irritability, lethargy.

**CHILD’S NAME**

**CENTRE**

**CONTACT PARENT/GUARDIAN TO COLLECT CHILD ASAP**

**DATE**

**HOSPITAL**

**TREATING DNE**

**CONTACT No**