

KNOW HYPO

PROPER PREPARATION CAN SAVE YOUR LIFE!

Hypoglycemia is a common side effect of diabetes. Managing your blood glucose is one way to combat these events. Having an emergency kit is another way to stay prepared and keep yourself safe.



Emergency glucagon—The only remedy for severe hypoglycemia. It acts quickly to raise blood sugar within 5 to 15 minutes.



Testing supplies—Blood glucose meters, test strips, and continuous glucose monitoring systems are supplies used to measure blood sugar. A blood sugar level lower than 70 mg/dL is considered hypoglycemia.



Glucose tablets or hard candies containing 15 grams of carbs—Tablets can help raise blood sugar. Glucose tablets come in a precise dose of 15 grams. After taking a tablet, recheck blood sugar within 15 minutes. Candy can be used if glucose tablets are not in your kit.



Emergency contact information—Prepare a list for others that identifies your emergency needs and necessary contact information. Download a complimentary one at www.hormone.org/knowhypo.



Medical ID—A medical ID is an easy way to communicate important information about your health to first responders and other people in an emergency. A medical ID can speak for you in the event of a hypoglycemia emergency.

THE MORE YOU KNOW!



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