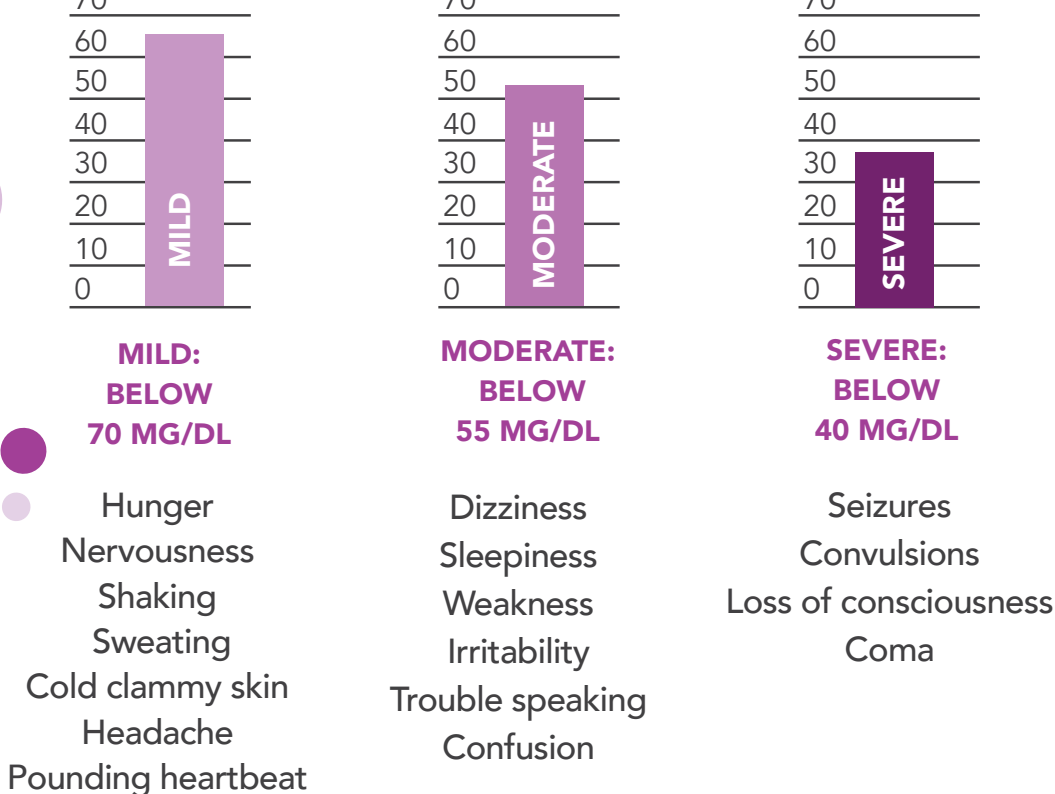


# KNOW HYPO

## STAY SAFE FROM SEVERE HYPOGLYCEMIA

### KNOW THE SIGNS AND SYMPTOMS OF HYPOGLYCEMIA



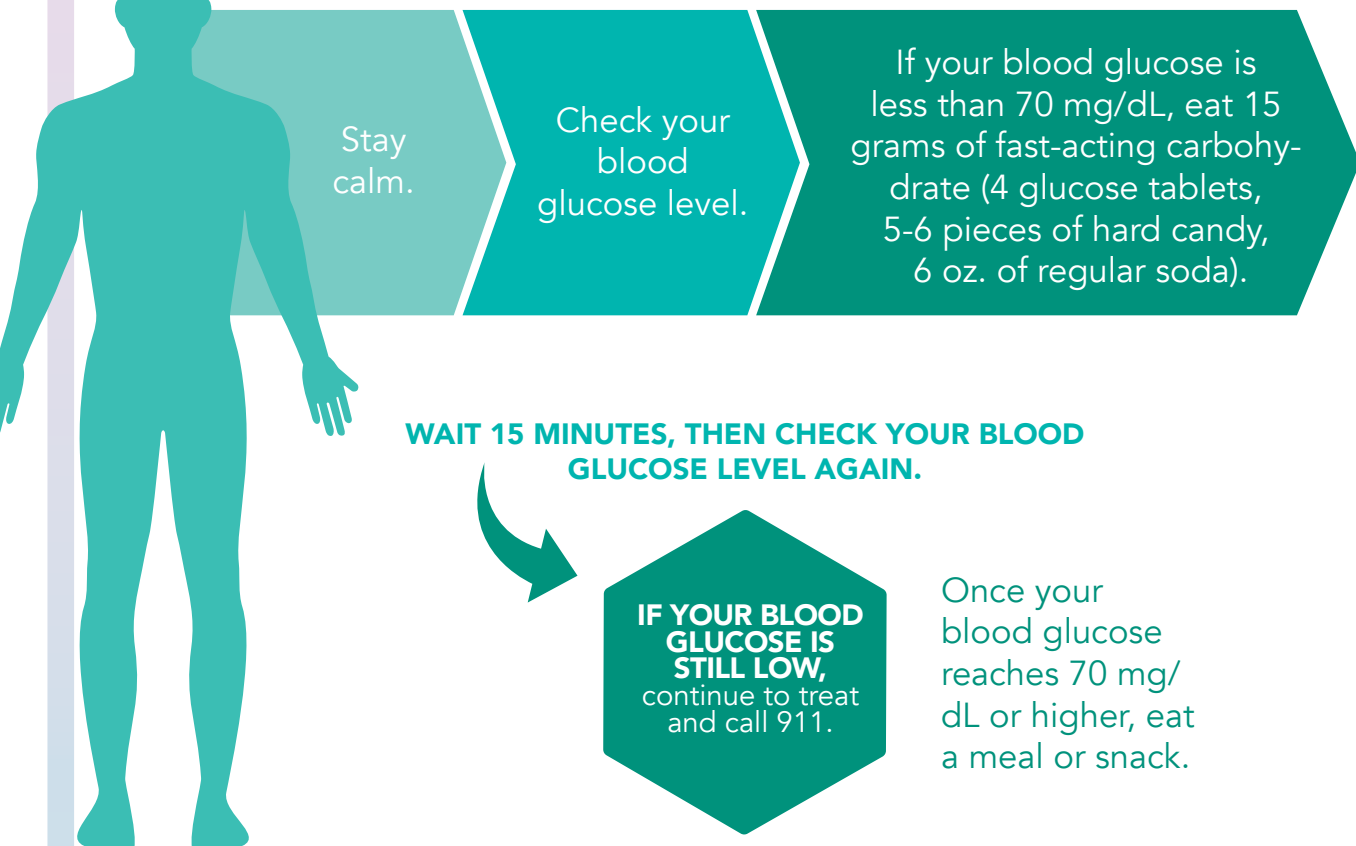
### KNOW HOW TO LOWER YOUR RISK FOR SEVERE HYPOGLYCEMIA

- Know your blood glucose (sugar) target.
- Take action right away when you first have symptoms or when a check shows a low blood glucose (sugar) level.
- Talk to your provider about your diabetes management plan.
- Take your medicines exactly as directed. Follow your management plan closely.
- Check your blood glucose regularly.
- Follow your meal plan and time your meals as directed.
- Watch how much alcohol you drink.
- Monitor your blood glucose (sugar) closely during and after exercise.
- Tell your provider if you experience hypoglycemia often.
- Tell your provider if you notice that you usually have NO symptoms when your blood glucose levels are less than 70 mg/dL.

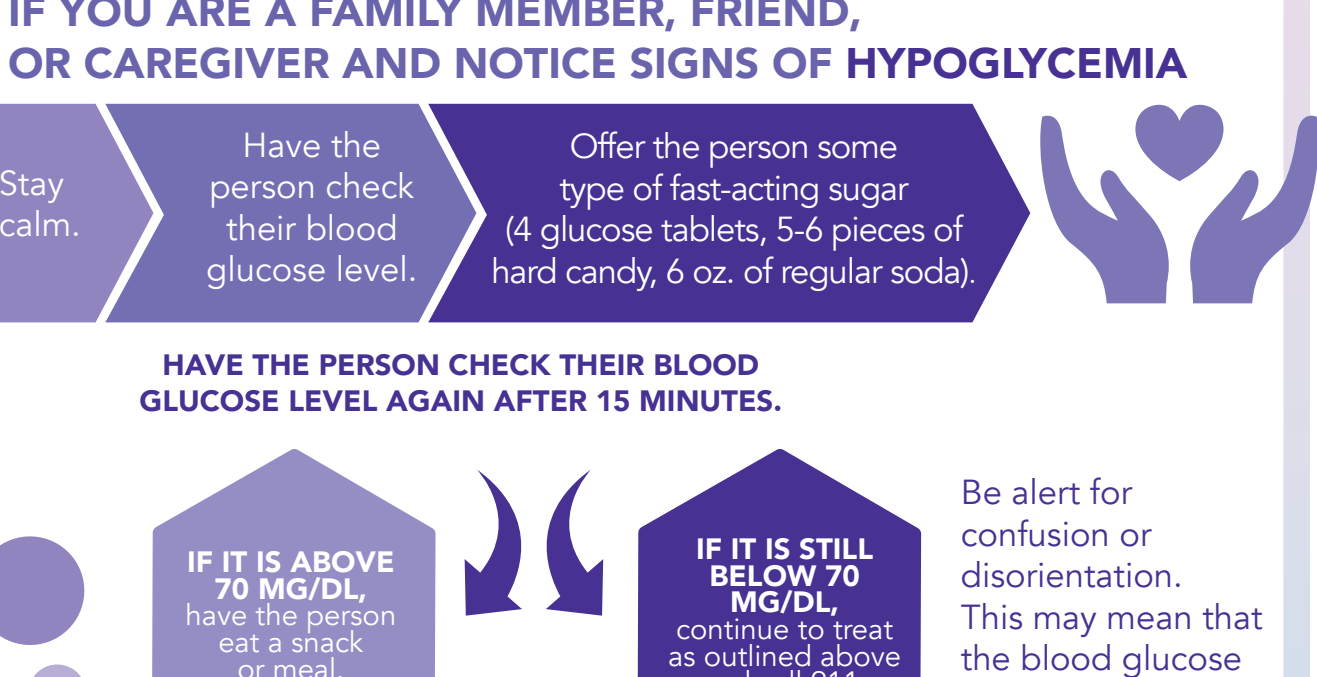
### KNOW HOW TO BE PREPARED FOR HYPOGLYCEMIA

- Keep your blood glucose monitor with you at all times.
- Carry some type of fast-acting carbohydrate (sugar) like glucose tablets or hard candy with you at all times.
- Have a glucagon kit on hand.
- Make sure family members, friends, and caregivers know how to use your emergency glucagon kit.
- Wear a diabetes medical identification bracelet or necklace.
- Check your blood glucose (sugar) before driving any vehicle or operating machinery.

### KNOW HOW TO TAKE ACTION IF YOU START TO HAVE SYMPTOMS



### KNOW HOW TO TAKE ACTION IF YOU ARE A FAMILY MEMBER, FRIEND, OR CAREGIVER AND NOTICE SIGNS OF HYPOGLYCEMIA



### KNOW HOW TO TAKE ACTION IF YOU ARE A FAMILY MEMBER, FRIEND, OR CAREGIVER AND FIND THE PERSON UNCONSCIOUS

- Give the person an injection of glucagon.
  - Watch for improvement within 5 to 15 minutes.
  - Have the person eat some carbohydrates as soon as they are able.
- Call 911 if glucagon is not available, you don't know how to use it, or the person doesn't awaken fully after giving glucagon.

Additional Editing by: Leonor Corsino, MD, MHS, FACE, Duke University  
Deena Adimoolam, MD, Icahn School of Medicine at Mount Sinai

**Patients Have Questions. We Have Answers.**

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at [hormone.org](http://hormone.org).

