

## Diabetes Basics

### Blood sugar ranges

Normal	80-120
Low	< 70
Danger	< 40

### Symptoms of low blood sugar

Fatigue	Anxious behavior
Shaking	Irritability
Confusion	Slow speech

### *It would help the person you care about who has diabetes if you would:*

1. Carry candy in your pockets or purse in case of an emergency.
2. Learn the basics about diabetes: insulin brings blood sugar down; food makes blood sugar go up.
3. When the person who has diabetes is having a bad day, blame it on "that damn diabetes". Don't ever blame the person with the condition or ask what the person did to cause the bad day.

## "Type 3"™ Emergency Action Card

A Type 3 is someone who cares and shows support for a person with diabetes.

### ***What to do when a person you care about experiences low blood sugar.***

**Remember:** Calm actions, tones, and humor will help your loved-one the most!

1. Encourage the person with diabetes to Check their blood sugar.
  2. Show calm, encouraging support and don't over react at the number. (Chaos will cause the person with diabetes to panic.)
  3. Choose fast acting carbohydrates like fruit juice, bread, candy, or glucose tablets to treat low blood sugar. (Avoid diet or low-carb products!)
  4. Reassure the person who is low to be calm. Show loving support and talk about the action you are taking and how you are calm.
  5. Don't ask too many questions or ask the person who is low to make decisions. When low, it is difficult for them to talk or think.
  6. Please have the person you care about write their own action step.
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