

DIABETES



Ensure Safety for Self & Others
Dial Triple Zero (000)
For an Ambulance

Onset Symptoms:

Hypoglycaemia (low blood sugar) and hyperglycaemia (high blood sugar) may share similar or overlapping signs and symptoms, which can include:

- Anxiety or agitation
- Sweating
- Pale skin (pallor)
- Rapid pulse; rapid or deep breathing
- Shaking, trembling or weakness
- Nausea or hunger; excessive thirst
- Light-headedness or dizziness
- Headache
- Mood or behaviour changes; irritability
- Confusion or difficulty concentrating
- Visual disturbance or slurred speech
- Difficulty following instructions
- Drowsiness, unresponsiveness (loss of consciousness), or seizure

If the person is **able** to swallow:

GIVE SUGARY FOOD

Glucose tablets or gel, honey, sugary food, or a sugary drink.

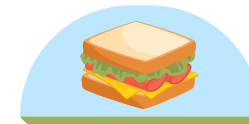
MONITOR FOR IMPROVEMENT

If symptoms persist after 10–15 minutes, give more sugary food or drink.

GIVE A LONG-ACTING CARBOHYDRATE SNACK

Examples: bread, milk, or a snack-size tub of yoghurt.

MONITOR UNTIL FULLY RECOVERED



Make the person comfortable and sitting. If they can swallow, give a fast-acting sugary food or drink (glucose tablets or gel, honey, jellybeans, or a sugary drink). Check for improvement. If symptoms persist after 10–15 minutes, give more sugary food or drink. When improving, give a long-acting carbohydrate (sandwich, bread, milk, or a snack-size yoghurt). They may remain confused for a short time. Stay with them until fully recovered.

Emergency Symptoms:

(Unable to Swallow)

- Inability to swallow
- Loss of coordination
- Slurred speech
- Visual disturbance
- Inability to follow instructions
- Marked confusion or disorientation
- Unresponsiveness or collapse
- Seizure (fitting)

If the person is **unable** to swallow:

PLACE ON SIDE

Recovery position

CALL 000

Monitor and manage

If drowsy, unable to swallow or unconscious IT IS AN EMERGENCY

DIAL 000 IMMEDIATELY

Say "Diabetic Emergency" and follow instructions. Wait with them until the ambulance arrives.

If a family member or carer is trained to do so use a blood glucometer.
Use a GlucaGen ®HypoKit® glucagon injection