

DIABETES

Ensure the safety of everyone
Call the ambulance on Triple Zero (000)

First aid for Hypoglycaemia (low blood sugar)

Onset Symptoms:

Is able to swallow
Sweating, pallor
Rapid pulse
Trembling, shaking, weakness
Hunger
Light headed, dizzy
Headache
Lack of concentration
Mood changes

Make comfortable.
If the casualty can safely swallow, give high-energy foods, sugar, honey or a glucose tablet.

He/she will respond quickly if low blood sugar levels are the cause.
He/she may be a little confused on recovery.

Make sure a normal meal is eaten.



Emergency Symptoms:

Unable to swallow
Loss of coordination
Can't follow instructions
Slurred speech
Fitting/seizure
Unresponsive
Unconscious

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

Dial 000 immediately - say "Diabetic Emergency"
Follow instructions.
No food or drink.
Wait with them until the ambulance arrives.

If family member or carer is trained to do so, as required:
Use a blood glucometer
Use a GlucaGen® HypoKit® glucagon injection

If able to swallow:

GIVE SUGARY FOOD

COMFORT / REASSURE

GIVE A MEAL

Monitor until fully recovered

If unable to swallow:

PLACE ON SIDE

CLEAR THE AIRWAY

CALL 000

Monitor and manage