



Diabetes is a chronic disease that prevents the body from converting sugar, starches, and fats from the blood into the cells for energy.

Type 1 Diabetes

Auto immune disease
Requires daily insulin injections
Symptoms include frequent urination, blurred vision, and weight loss.

Type 2 Diabetes

The body is unable to use insulin properly, leading to insulin resistance.
Symptoms include increased thirst, frequent urination, and fatigue.

Hypoglycemia

Occurs when the blood sugar level is too low.
Mild symptoms include shakiness, sweating, and lethargy, headache.
Treatment: **THE 15s**

1. Have 15g of fast-acting carbohydrate.
2. Check blood sugar level after 15 minutes.
3. Repeat if needed.
4. If symptoms persist, seek medical attention.

Severe Symptoms include confusion, inability to swallow, and unconsciousness.
Treatment:

1. Place 1/2 tsp of table sugar on a piece of bread.
2. Lift chin and swallow.
3. Inject glucagon if necessary.
4. Never give food or drink to an unconscious person.
5. Identify the cause of the hypoglycemia.

Hyperglycemia

Occurs when the blood sugar level is too high, often due to not taking enough insulin.
Mild symptoms include increased thirst, frequent urination, and fatigue/sleeping.

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3. Administer insulin
4. Recheck blood glucose
5. The parent/guardian should be notified immediately

Severe Symptoms include: Labored breathing, profound weakness, confusion, unconscious, dry mouth, nausea, vomiting, stomach cramps, sweet/fruity smelling breath.

Treatment:

1. Complete ketone test
2. Allow free use of bathroom and access to water (do not let student go alone)
3. Give