

**FOR  
SUB FOLDER**

**DIABETIC EMERGENCY PLAN** summary

Student: \_\_\_\_\_ I.D.# \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_  
School: \_\_\_\_\_ Grade: \_\_\_\_\_

- Student has a permanent pass to visit the Health Office as needed, please escort as needed.
  - Type 1 Diabetes                       Type 2 Diabetes
- Diabetes management combines a healthy lifestyle of frequent blood sugar monitoring, daily exercise and nutritional meals and snacks.
- Insulin management and/or blood sugar level testing will be done at school privately by student and using proper needle/lancet disposal.
- Student eats well-balanced meal plan including meals and snacks. If student participates in Phys. Ed. class, Foods class, parties, field trips or other special events the parent/guardian will plan for adjustments as needed.

**LOW BLOOD SUGAR** (hypoglycemia): less than \_\_\_\_\_ mg/dl  
May be caused by : too little food, too much Insulin/diabetes medicine or extra exercise. Symptoms appear suddenly. Low Blood sugar is serious and may progress to Insulin shock and must be treated right away. This student may have symptoms such as: \_\_\_\_\_

**TREATMENT:** If student not able to eat/drink or unconscious call Gidget Asonwha, school nurse, at 942-2233, x5233 or Main x2200 immediately...otherwise you may:

→ Give the student: \_\_\_\_\_ . (only giving candy may lead to worse symptoms later)  
If not feeling better in 15 minutes: \_\_\_\_\_

If it is more than 1 hour before the next meal or snack, additionally give: \_\_\_\_\_.

**HIGH BLOOD SUGAR** (hyperglycemia): \_\_\_\_\_ mg/dl or greater  
Some symptoms of high blood sugar resemble those of low blood sugar. High blood sugars are generally not an emergency unless the individual is vomiting or semiconscious. Access to the bathroom should be unrestricted because of increased thirst and frequent urination if appears safe with an escort. This student may have symptoms such as: \_\_\_\_\_

**TREATMENT:** If student is vomiting, drowsy or unresponsive call Gidget Asonwha, school nurse, at 942-2233, x5233 or Main x2200 immediately...otherwise you may

→ Encourage student to drink large amounts of non-caloric beverages (water, diet drinks) and engage in physical activity such as taking a walk through hallways or up-and-down stairs if student appears safe with an escort.

Contact parent/guardian when necessary: \_\_\_\_\_

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Parent/guardian and student signature \_\_\_\_\_ Date \_\_\_\_\_

For any concerns please contact School Nurse, Gidget Asonwha, at 942-2233, x5233.  
School Nurse or Administrator may determine it necessary to call 9-911.  
Follow *Tremper Emergency First Responder Plan*.  
Plan to have all student medication/supplies, authorizations and Emergency/Health Form for field trips.