

**Antelope Valley Union High School District
Facts about Diabetes**

<p>Diabetes A chronic condition in which the body does not make or properly use insulin, a hormone needed to convert sugar, starches, grains, and other carbohydrates, into energy.</p>	
<p>The keys to controlling blood sugar</p> <ul style="list-style-type: none"> • Balance carbohydrates, exercise and medication • Regularly monitor blood glucose levels during the day 	<p>Common causes for immediate action</p> <ul style="list-style-type: none"> • Lack of carbohydrates • Too much insulin • Increased exercise or activity • Illness or increased stress
<p>Signs of low blood sugar</p> <ul style="list-style-type: none"> • Shakiness, jitteriness, trembling • Dizziness • Weakness, fatigue • Sweating and pale • Decreased alertness or increased confusion signifying a change in level of consciousness 	<p>Signs of severely low blood sugar</p> <ul style="list-style-type: none"> • Unable to swallow saliva or food • Excessive drooling • Combative behavior • Inability to accept assistance • Unconscious or unresponsive • Change in behavior, personality or concentration that adversely affects academic ability or performance
<p>What should I NOT do?</p> <ul style="list-style-type: none"> • Leave the student alone • Put fluids or food in the mouth if unable to swallow or unresponsive • Insist on blood glucose result before fluids, glucose gel, or Glucagon 	
<p>When to call 9-1-1?</p> <ul style="list-style-type: none"> • Unable to accept assistance, or is irritable or combative • Decreased alertness, increased confusion, or is unresponsive • Unable to swallow saliva or sugared fluids or is drooling excessively • Has received Glucagon injection, (or a tube of glucose gel if a Glucagon injection was not available), even if he / she is alert now as it only lasts about 15 minutes 	
<p>What happens if someone else gets injected with the medication?</p> <ul style="list-style-type: none"> • If there is an accidental injection into another person for whom the Glucagon was not intended, he / she should be evaluated by medical personnel. • If the injection is accidentally given, blood sugar levels will increase slightly for a person who is not diagnosed with diabetes. • If the person has diabetes, then monitor blood glucose every 15 minutes for one hour or until the person is under medical care. Glucagon stimulates the liver to produce glucose and raise the blood sugar. Regular blood glucose monitoring must be carefully managed over 24 – 48 hours following the injection. • Follow the School Healthcare Plan. Contact parent. 	
<p>What happens if someone gets stuck with a used needle?</p> <ul style="list-style-type: none"> • Report to the Health Office for care and call to parent • See personal Health Care Provider for treatment and testing • Contact the Director of Risk Management at the District Office 	

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