Hypoglycemia or low blood sugar is when your blood sugar is less than 70 mg/dl.

If you have these symptoms:

- Shaking
- Anxious
- Sweating
- Dizzy
- Hunger
- Fast Heartbeat
- Blurred Vision
- Weakness/Fatigue
- Headache
- Irritable

Check your blood sugar. If it is less than 70 mg/dl:

1. Eat or drink a simple sugar such as honey, sugar, fruit juice or 1/2 cup of regular soda.
2. Wait 15 minutes and then check your blood sugar again.
3. If your blood sugar is still less than 70 mg/dl have another serving of simple sugar and
4. Then eat a snack of complex carbohydrate such as cheese and crackers, or half of a sandwich.

If your family or friends find you “sleeping” and cannot wake you, make sure they know to call 9-1-1.

How to Prevent Hypoglycemia

- Eat at regular times every day.
- Check your blood sugar every day.
- Do not skip meals.
- Take your medicine as directed.

If you continue to have low blood sugar, see your doctor as soon as possible.
Hyperglycemia or high blood sugar is when your blood sugar is over 200 mg/dl.

If you have these symptoms:

- Very thirsty
- Hunger
- Weakness/Fatigue
- Blurred vision
- Dry skin
- Sore is not healing
- Urinating often
- Nausea

Check your blood sugar. If it is over 200 mg/dl:

1. Did you eat too much food? If yes, drink 1 cup of water or a sugar-free drink every hour.
2. Did you forget to take your medicine? If yes, take your medicine.
3. Do you have an infection? Flu? Stress?

If you have high blood sugars > 200 mg/dl for more than three days call your doctor.

How to Prevent Hyperglycemia

- Watch how much you eat.
- Exercise or move every day.
- Take your medicine as directed.
- Check your blood sugars every day.