**Diabetes and Low Blood Sugar**

**Signs of Low Blood Sugar may include:**

* Change in behavior such as confusion or irritability
* Sleepiness or not responding
* Hunger, Thirst, or Weakness
* Sweating, Pale Skin Color
* A Seizure

**Action Plan**

* If the person can sit up and swallow, give him something that contains sugar
* Have him sit quietly or lie down
* Phone or send someone to call 911

**Give Foods that Contains Sugar:**

* Fruit Juice
* Milk
* Sugar Packet
* Honey
* Soft Drink or Soda

**\*\*Important- If the person is unable to sit up or swallow do not give him anything to eat or drink!**

**Seizure**

Seizure is an abnormal electrical activity in the brain.

**Seizures can be caused by:**

Epilepsy

Head Injury

Low Blood Sugar

Heat-related Injury

Poisons

**Signs of a Seizure:**

* Lose Muscle Control
* Fall to the ground
* Jerking Arms, Legs, or other parts of the body
* Stop Responding

**Action Plan**

* Make sure the scene is safe
* Protect the person by clearing the area of objects and furniture
* Place a towel or pad under the person’s head
* Phone or have someone call 911
* Give CPR if needed, Stay with them until help arrives,
* Roll them on their side if vomiting of has fluid from mouth