

Diabetes 101

Hypoglycemia

< 70mg/dL

Signs & Symptoms



Headache



Dizziness &
Confusion



Sweating

“LOW and slow”



Blurred Vision

Shaking, cold/clammy skin, rapid heartbeat, irritability, weakness, poor coordination

What do I do?

Check sugar, IF LOW -

15/15 Rule!

1. Give 15 grams of sugar (1/2 cup OJ or soda, 1 tbsp honey/sugar)
2. Wait 15 minutes
3. Re-test
 - a. Still low - REPEAT Step 1
 - b. Safe - Give protein (peanut butter crackers, string cheese)



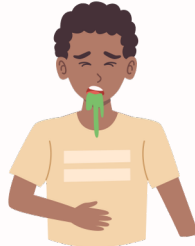
Hyperglycemia

< 180mg/dL

Signs & Symptoms



**Extreme
thirst**



**Nausea &
vomiting**



**Frequent
urination**




Headache

Fatigue, blurred vision, headache, abdominal pain, confusion

What do I do?

Check sugar, If HIGH -

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1. Drink 8-12 oz of water IMMEDIATELY!
 2. Frequent bathroom breaks
 3. Monitor sugar levels
 - a. If HIGH for longer than 1 hour or starts to vomit, STOP playing!



When to call 911

1. Unresolved LOW after 2 rounds of 15/15 rule
2. If an athlete has a seizure
3. Non-responsive or vomiting

