

Jordan School District
Classroom Information Sheet: Type 1 Diabetes

Type I Diabetes is a serious medical condition where the pancreas is unable to produce insulin to maintain proper blood sugar control. Student will need to check blood sugar periodically throughout the day.

Hypoglycemia (Low Blood Sugar)

- Listen to what the student tells you and observe closely how he appears
- Do NOT ignore early symptoms of low blood sugar – early treatment is important
- Do NOT leave or send student alone with suspected low blood sugar

Symptoms of low blood sugar:

<ul style="list-style-type: none"> • Shaky, hungry, pale, flushed • Irritable, emotional • Incoherent, unable to communicate • Difficulty functioning, confusion 	<ul style="list-style-type: none"> • Sleepy, lethargic • Headache, dizzy • Poor coordination • Unable to focus, concentrate
--	---

Instructions for low blood sugar

- Student should check blood sugar level if they feel low, before lunch and before physical activity
- If blood sugar is below target range or <80, student needs to eat 15g rapid acting sugar (i.e. half a can of regular soda, ½ c. fruit juice, 2-3 rolls Smarties, 15 Skittles, etc.)
- Recheck blood sugar 15 minutes after eating the sugar
- If still low repeat steps until within range
- If student is unable to check blood sugar and/or appears “low” then treat with sugar
- Notify parent

IF STUDENT IS UNCONSCIOUS, SEIZING OR UNABLE TO SWALLOW:

- **Administer Glucagon (by trained personnel if available)**
- **CALL 911**
- **Call Parent/Guardian**

Hyperglycemia (High Blood Sugar) Signs	Treatment for High Blood Sugar
<ul style="list-style-type: none"> • Frequent urination and thirst • Increased irritability, weakness • Unusual hunger • Blurred vision 	<ul style="list-style-type: none"> • Allow Student to drink water at all times • Allow Student to use the bathroom as often as needed • Light exercise may help lower high blood sugar • Notify Parent

Other Useful Information

- Typical Target Blood Sugar Ranges may be 100-200 or 80-150, but vary by individual
- Students may test blood sugar at any time or any place in the school
- Student should take diabetic supplies and snacks with them at all times, including field trips or drills
- High or low blood sugar may affect ability to take tests
- Student may need to check blood sugar and treat during testing
- Diabetic students may eat anything that they want as long as they are dosed with insulin
- Communicate with parent/guardian about planned snacks or food in class
- Teacher to keep copy in sub folder

****Never send student with suspected low blood sugar anywhere alone****