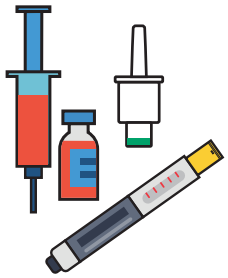
American Diabetes Association®

What to Know About a Low

Hypoglycemia means low blood glucose (blood sugar).
Severe hypoglycemia means dangerously low blood glucose.

PLAN AHEAD

Ask your doctor to prescribe glucagon, a lifesaving medicine for severe hypoglycemia. It comes in the preferred ready-to-use or nasal powder forms. Always keep it nearby and regularly check its expiration date. Do not use it after it expires. You may or may not be able to give yourself the medicine. **Make sure others know how to give glucagon if you cannot. Their help could save your life!**



Keep your diabetes kit stocked with glucose tablets or gel, juice, regular soda, and glucagon.

HYPOGLYCEMIA

Blood glucose below 70 mg/dL but at least 54 mg/dL.

1. **Measure** your blood glucose with a glucose meter or a continuous glucose monitor (CGM).

2. **Spot** the signs and symptoms:

If blood glucose is under 70 mg/dL and/or you notice:

- Hunger
- Sweating, chills, and clammy skin
- Shaking, nervousness, or anxiety
- Rapid heartbeat
- Lightheadedness or dizziness
- Confusion



3. **Follow** the 15-15 rule:

Have 15 grams of fast-acting carbs to bring blood glucose up, including:

- Glucose tabs
- Glucose gel
- ½ cup of juice or regular soda
- One tablespoon of sugar or honey

Check blood glucose again after 15 minutes.

4. **Repeat** step 3 if blood glucose remains below 70 mg/dL.

If blood glucose is above 70 mg/dL or rising on your CGM, and it is NOT time for a meal, choose a snack with protein and carbs, such as cheese and crackers. This helps prevent another drop in blood glucose before your next meal.

5. **Know** when more carbs are needed. Sometimes eating or drinking to correct your blood glucose is not possible. In these cases, glucagon must be given.

SEVERE

- ☐ **Measure** your blood glucose with a glucose meter or CGM.
- ☐ **Spot** signs and symptoms.

Blood glucose levels:

- **Level 1** Blood glucose below 70 but at least 54 mg/dL.
- **LEVEL 2** Blood glucose below 54 mg/dL.
- **LEVEL 3** Dangerously low blood glucose, below 54 mg/dL. A severe event causes mental and/or physical changes that require help with treatment, whatever the blood glucose level may be.
  - Changed mental state
  - Fainting
  - Loss of consciousness
  - Extremely weak or unable to help yourself
  - Seizure
  - Coma

- ☐ **Give** glucagon if you can, or make sure a caregiver knows where it is kept and how to administer it.
- ☐ **Call** 911 immediately after glucagon is injected. If someone gives it to you, they should call 911 and, if you are unconscious, turn you onto your side to prevent choking.
- ☐ If your blood glucose has not returned to normal within 15 minutes, give a second dose of glucagon.*

This information is general guidance. Always follow your doctor's advice and the manufacturer's directions for giving glucagon safely.

*Refill your glucagon prescription as soon as possible

Find out more at **diabetes.org** 1-800-DIABETES (800-342-2383)

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This infographic reflects recommendations from the ADA's *Standards of Care in Diabetes–2026*