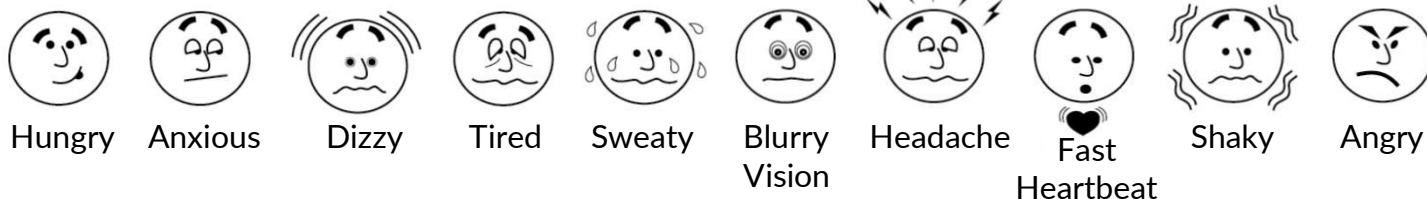


Low Blood Sugars

- If you think your blood sugar is low, check your number. A level below **80 mg/dL** is low.
- Low blood sugar can happen if you miss a meal, eat less, take too much medicine, or are more active than usual.
- Use the **15-15 rule** to treat it quickly and safely. Keep this guide nearby so you know what to do.

Low Blood Sugar Symptoms:



The 15-15 Rule for Low Blood Sugars:

If your blood sugar is low, use the **15-15 rule**:

1. Eat **15 grams of carbs** and wait **15 minutes**.
2. Check your blood sugar. If still below 80, eat **15 grams** again.
3. Repeat until your blood sugar is above **80 mg/dL**.

Once above 80, try to eat a meal or snack to help keep it stable.

Examples of 15 grams of Carbohydrate:

- 1/2 cup (4oz) of juice or soda (**not diet**).
- 1 tablespoon of honey, sugar, or syrup.
- Hard candy or jellybeans (**not sugar-free**).
- 3-4 glucose tablets (check serving size).
- 1 dose of glucose gel (usually 1 tube).

**Call 911 right away
if someone is not
awake or not
responding.**



***Do not use DIET fruit juices, DIET sodas or SUGAR-FREE candies to raise your blood sugars.**

Other Tips:

- Milk and diet or sugar-free drinks do not work well to raise blood sugar.
- It may take time for your blood sugar to come up. Using the 15-15 rule can help you stay on track.
- Checking your blood sugar more often can help you notice patterns. Writing your numbers down can also help.

If you keep having low blood sugars, reach out to your doctor. Keeping a log can help your care team make changes to help prevent lows.

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