



CONTACT NEMS

1-888-500-1886

WWW.NEMS.ORG

WHAT ARE THE CAUSES? Eating too little food, body has too much insulin or diabetes medicine, or too much physical activity.

WHAT IS THE ONSET? The onset is sudden. It may lead to insulin shock.

WHAT LEVEL OF BLOOD SUGAR IS LOW? A blood sugar level below 70 mg/dl is low.

THE SYMPTOMS ARE:

SHAKING



RAPID HEARTBEAT



HEADACHE



SWEATING



WEAKNESS/ FATIGUE



IMPAIRED VISION



DIZZINESS



HUNGER



ANXIOUS



IRRITABLE



HOW DO I TREAT IT?



CHECK BLOOD SUGAR. If you are at 70 mg/dl or less



DRINK
4 oz. of juice
8 oz. of skim milk
or take 2-3 Glucose tablets/gel or hard candy



CHECK BLOOD SUGAR
(After 15 minutes)
If symptoms don't stop, call your doctor



WITHIN 30 MINUTES
After symptoms end, eat a snack of a peanut butter or meat sandwich and a glass of milk

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



CONTACT NEMS

1-888-500-1886

WWW.NEMS.ORG

WHAT ARE THE CAUSES? Eating too much food, body has too little insulin, or if you are sick or stressed.

WHAT IS THE ONSET? The onset is gradual. It may progress to diabetic coma.

WHAT LEVEL OF BLOOD SUGAR IS HIGH? A blood sugar level of above 240 mg/dl is high.

THE SYMPTOMS ARE:

HUNGRY



BLURRY



NAUSEA



DRY SKIN



DROWSY



EXTREME THIRST



FREQUENT URINATION



HOW DO I TREAT IT?



Test blood sugar level



If the level is over 200 ml/dl for more than one test, call your doctor

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.



NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



CONTÁCTENOS:

1-888-500-1886

WWW.NEMS.ORG

¿CUÁLES SON LAS CAUSAS? Comer muy poca comida, el cuerpo tiene demasiada insulina o medicamentos para la diabetes, o demasiada actividad física.

¿CUÁL ES EL INICIO? El inicio es repentino. Puede provocar un shock insulínico.

¿QUÉ NIVEL DE AZÚCAR EN LA SANGRE ES BAJO? Un nivel de azúcar en la sangre por debajo de 70 mg/dl es bajo.

LOS SÍNTOMAS SON:

TEMBLOROSO



**LATIDOS
CARDÍACOS
RÁPIDOS**



JAQUECA



TRANSPIRACIÓN



**DEBILIDAD/
FATIGA**



**VISIÓN
DETERIORADA**



MAREOS



HAMBRE



ANSIEDAD



IRRITABILIDAD



¿CÓMO LO TRATO?



**CONTROLE EL NIVEL DE
AZÚCAR EN LA SANGRE.** Si
está en 70 mg/dl o más
bajo



BEBA
4 onzas de jugo 8 onzas de
leche descremada
o tome 2-3 tabletas/gel de
glucosa o caramelos duros



**CONTROLE EL NIVEL DE
AZÚCAR EN LA SANGRE**
(Después de 15 minutos) Si
los síntomas no
desaparecen, llame a su
médico



EN 30 MINUTOS
Después de que los
síntomas desaparezcan,
coma un bocadillo de
mantequilla de maní o
sándwich de carne y un
vaso de leche

Tenga en cuenta que esta información no tiene la intención de diagnosticar problemas de salud ni sustituye el consejo de un profesional médico. North East Medical Services se exime de cualquier responsabilidad por las decisiones que usted tome basadas en esta información.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



CONTÁCTENOS: 1-888-500-1886 WWW.NEMS.ORG

¿CUÁLES SON LAS CAUSAS? Comer demasiado, el cuerpo tiene muy poca insulina, o está enfermo o estresado.
¿CUÁL ES EL INICIO? El inicio es gradual. Puede progresar a coma diabético.
¿QUÉ NIVEL DE AZÚCAR EN LA SANGRE ES ALTO? Un nivel de azúcar en la sangre superior a 240 mg/dl es alto.
LOS SÍNTOMAS SON:

HAMBRIENTO



BORROSO



NÁUSEAS



PIEL SECA



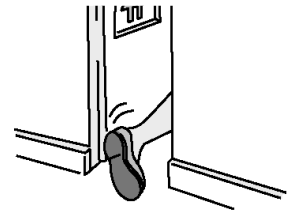
SOÑOLIENTO



SED EXTREMA



MICCIÓN FRECUENTE



¿CÓMO LO TRATO?



Medir el nivel de azúcar en la sangre



Si el nivel es superior a 200 ml/dl durante más de Una prueba, llame a su médico



Tenga en cuenta que esta información no tiene la intención de diagnosticar problemas de salud ni sustituye el consejo de un profesional médico. North East Medical Services se exime de cualquier responsabilidad por las decisiones que usted tome basadas en esta información.

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.