



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.



聯絡東北:

1-888-500-1886

WWW.NEMS.ORG

**引發原因:** 吃太少、胰島素或糖尿病藥物服用過量、運動過度

**病發:** 急劇, 可能演變成糖尿病休克

**血糖:** 低於 70 mg/dl

**症狀:**

顫抖



心跳加速



頭痛



流汗



虛弱、疲勞



視力不良



頭昏眼花



飢餓



焦慮



易怒



**處理方式:**



**檢測血糖**  
如果血糖是 70  
mg/dl 或  
以下, 則:



**飲用**  
4盎司果汁或  
8盎司脫脂牛奶或  
服食二至三片葡萄糖片劑  
或膠 (Glucose tablets or  
gel), 或硬糖



**檢測血糖**  
(15 分鐘後)  
如果症狀沒有消失,  
致電您的醫生



**症狀結束後的 30 分  
鐘內**  
吃含花生醬的點心或  
夾肉三明治配一杯牛奶

請注意, 此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定, 東北醫療中心不會就此承擔任何責任。

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.



聯絡東北:

1-888-500-1886

WWW.NEMS.ORG

**引發原因:** 吃太多、胰島素太少、生病或緊張

**發病:** 漸進, 可能演變成糖尿病昏迷

**血糖:** 高於 240 mg/dl

**症狀:**

飢餓



視力模糊



噁心



皮膚乾燥



困倦



極度口渴



尿頻



**處理方式:**



檢測血糖



如果經數次檢測後, 血糖仍高於 200 mg/dl,  
請致電糖尿病輔導員 / 醫療人員



PROJECT DULCE™  
DIABETES EXCELLENCE ACROSS COMMUNITIES

請注意, 此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定, 東北醫療中心不會就此承擔任何責任。

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.