



Diabetic Emergency Kit (DEK) For Low Blood Sugar Incidents

1. Check for diabetes medical alert bracelet/necklace
 2. Give 3 glucose tablets or 1-2 4 oz. juice boxes
 3. Follow-up with raisins and/or crackers
 4. Call 911 or notify healthcare personnel if needed
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**ATTENTION: Church Ushers and health care personnel
Be alert for low blood sugar symptoms at church.**

Be ready to help until appropriate medical care can be provided if needed.

1. Notice if any medical alert bracelets for diabetes is present
2. If a diabetic person seems:
 - a. Unable to concentrate.
 - b. Confused or irritable
 - c. Has Slurred speech.
 - d. Unsteady when standing or walking.
 - e. Muscle twitching
 - f. Personality changes, such as anger or crying.
 - g. Starts sweating profusely, especially at the back of the neck
 - h. Seems hungry or slightly nauseous
3. Provide aid until the person feels more stable or call 911 if needed

Symptoms of moderate low blood sugar

Low blood sugar happens when a person with diabetes does one or more of the following:

- Takes too much insulin (or an oral diabetes medication that causes your body to secrete insulin)
- Does not eat enough food
- Exercises vigorously without eating a snack or decreasing the dose of insulin beforehand
- Waits too long between meals or skipped breakfast
- Drinks excessive alcohol