

KEEP CARD WITH WALLET OR IDENTIFICATION



**MEDICAL ALERT**



**I HAVE DIABETES.** I may be having a very high or low blood glucose reaction. These can lead to coma or death if they are untreated. If I am not alert or I cannot swallow, do not try to give me anything to eat or drink. Call 911.

**Very Low Blood Glucose (Hypoglycemia)**

**Signs (may look like drug or alcohol intoxication):** I may be shaky, sweaty, staggering, combative, confused, or acting strangely. I may also slur speech, have a seizure, or become unconscious.

**Treatment for Very Low Blood Glucose:**

- If I'm awake and can swallow, give me a source of sugar, such as 4 glucose tablets, ½ cup regular juice or sugary soda, 1 cup nonfat or 1% milk, 1 Tbsp. sugar or honey, or hard candy or jellybeans.
- Stay with me as I rest and check my blood glucose every 15 minutes. I may need more sources of sugar to eat or drink.
- If I do not get better or my blood glucose does not rise above 70 mg/dl, call 911 or get me to a hospital.

See other side for emergency treatment of very high blood glucose.

See other side for treatment of very low blood glucose.

Phone:

Name:

Phone:

Name:

Emergency Contacts

My Name:

**Very High Blood Glucose (Hyperglycemia)**  
**Signs (may look like drug or alcohol intoxication):** I may be drowsy, confused, urinating often, vomiting, and/or have blurry vision. My skin may be flushed and my breath may have a fruity odor.  
**Treatment:** Severe hyperglycemia can lead to coma or death if untreated. I have a medical need to test my blood glucose, take my insulin (if used), drink water, and have access to a bathroom.

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**ABOUT DIABETES**

KEEP THIS CARD with you or your vehicle, so that it is available in case of emergency.

**What Is Diabetes?**

In diabetes, your body either doesn't make enough insulin, can't use insulin well, or both. This causes blood glucose (sugar) to rise. If diabetes isn't treated, blood glucose can rise to dangerous levels (hyperglycemia). Delaying treatment can lead to coma and death within hours or days.

also cause blood glucose to drop too low (hypoglycemia). This is very dangerous and must be treated immediately.

Diabetes emergencies may be hard to spot. This card helps first responders, family members, and others recognize these emergencies and help.

Medications used to treat diabetes can

**DIABETES EMERGENCIES REQUIRE IMMEDIATE CARE ...**

**... YOU CAN HELP.**

**DIABETES IS SERIOUS AND HAS NO CURE.**



**Signs of Diabetes**

If a person is unable to communicate, look for:

- Medical alert tags at neck or wrist.
- Wallet medical alert cards
- Diabetes devices and supplies such as blood glucose meters and strips, finger-stick lancing devices, insulin vials, syringes, medication pens, an insulin

pump with or without tubing, and a continuous glucose monitor with a sensor under the skin.

KEEP THIS WITH YOU OR YOUR VEHICLE

TEAR ALONG PERFORATION

EXTRA CARD

# DIABETES ALERTS

**SEVERE HYPOGLYCEMIA** is very low blood glucose, sometimes called low blood sugar. It can be mistaken for drug or alcohol intoxication. It can lead to coma or death if untreated.

### What are causes?

- Too much insulin
- Certain diabetes pills
- Too little food
- Physical activity
- Alcohol
- Drugs

### How to help

Give a source of sugar if the person:

- Is known to have diabetes
- Is confused or combative
- Can swallow

Sources of sugar include ½ cup regular juice or sugary soda, 4 glucose tablets, or 1 tablespoon sugar or honey.

*Warning: Do not give food or drink to a person who cannot swallow. Immediately seek medical care. Call 911.*

### What are signs/symptoms?

- Feeling shaky
- Being nervous or anxious
- Sweating, chills, clamminess
- Mood swings, irritability, impatience
- Confusion
- Fast heartbeat
- Feeling light-headed or dizzy
- Hunger, nausea
- Color draining from skin (pallor)
- Feeling sleepy
- Feeling weak, having no energy
- Blurred/impaired vision
- Tingling or numbness in lips, tongue, cheeks
- Headaches
- Anger, sadness, stubbornness
- Coordination problems, clumsiness
- Nightmares or crying out in sleep
- Bizarre behavior
- Seizures
- Being unconscious

**SEVERE HYPERGLYCEMIA** is very high blood glucose, sometimes called high blood sugar. It can be mistaken for drug or alcohol intoxication. It can lead to coma or death if untreated.

### What are causes?

- Lack of insulin
- Not enough insulin
- Illness
- Dehydration
- Medical problems, emergencies

### How to help

*If the person is unresponsive, call 911.* Otherwise, have him or her:

- Test blood glucose
- Take insulin, if used
- Drink water
- Tell you if medical care is needed

### What are signs/symptoms?

The following signs and symptoms of very high blood sugar may require first aid. They can develop slowly:

- Feeling drowsy, sleepy
- Confusion
- Extreme thirst
- Frequent urination
- Flushed skin
- Fruity breath odor (may be mistaken for alcohol)
- Heavy breathing
- Nausea, vomiting
- Being unconscious



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### Very High Blood Glucose (Hyperglycemia)

**Signs (may look like drug or alcohol intoxication):** I may be drowsy, confused, urinating often, vomiting, and/or have blurry vision. My skin may be flushed and my breath may have a fruity odor.

**Treatment:** Severe hyperglycemia can lead to coma or death if untreated. I have a medical need to test my blood glucose, take my insulin (if used), drink water, and have access to a bathroom.

**My Name:** \_\_\_\_\_

*Emergency Contacts*

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

*See other side for treatment of very low blood glucose.*

**Treatment for Very Low Blood Glucose:**

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