

KEEP CARD WITH WALLET OR IDENTIFICATION



MEDICAL ALERT



American
Diabetes
Association®

I HAVE DIABETES. My blood glucose level may be very high or low. This can lead to coma or death if left 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 fast-acting carbohydrate (carbs), such as 4 glucose tablets, ½ cup regular juice or regular soda, 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 fast-acting carbs to eat or drink.
- If I don't get better, can't swallow, or my blood glucose does not rise above 70 mg/dL, call 911 right away or get me to a hospital. I may need emergency glucagon.

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:

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

and my breath may have a fruity odor. I may be drowsy, confused, urinating often, vomiting, and/or have trouble seeing. My skin may be flushed.

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DIABETES EMERGENCIES

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

What are Diabetes Emergencies?

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

Also, medications used to treat diabetes can 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.

DIABETES
EMERGENCIES
REQUIRE
IMMEDIATE
CARE ...

LEARN THE
SIGNS OF
DIABETES
EMERGENCIES

... YOU
CAN HELP.



Signs a Person Has 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 a blood glucose meter and test strips, finger-stick lancing devices, insulin vials,

syringes, medication pens, an insulin pump with or without tubing, or a continuous glucose monitor with a sensor under the skin.

KEEP THIS WITH YOU OR YOUR VEHICLE

TEAR ALONG PERFORATION

EXTRA CARD



DIABETES ALERTS

LOW BLOOD GLUCOSE (HYPOGLYCEMIA), 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 fast-acting carbs if the person:

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

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

Warning: Do not give food or drink to a person who can't swallow. This may be severe hypoglycemia (dangerously low blood glucose) and need emergency glucagon. Call 911 right away.

What are signs/symptoms?

- Feeling shaky
- Being nervous or anxious
- Sweating, chills, clamminess
- Mood swings, irritability, impatience
- Confusion
- Fast heartbeat
- Feeling lightheaded 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 (DANGEROUSLY 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

What are causes?

- Not enough or no access to diabetes medication, like insulin
- Illness
- Dehydration
- Other medical problems

How to help:

If the person is unresponsive, call 911. Otherwise, have them:

- 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 glucose 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)

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Treatment: Severe hyperglycemia can lead to coma or death if untreated. I have a medical need to test my blood glucose, take my medications (like insulin), 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.

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