Roommate’s Emergency “What do I do?!” List:

What do I do if?

1. **I am unconscious or unresponsive**: DO NOT ASSUME I AM DRUNK OR PASSED OUT. I need sugar immediately
   a. Call 911, tell them I have type 1 diabetes
   b. Find my insulin pump. If it is still attached to me follow the tubing to where it is on my body, pull that set off. It is like ripping a band-aid off and won’t hurt me or the device.
   c. Get my glucagon kit. There are instructions in there of how to mix and draw up a shot. Deliver this to me in my thigh or butt (think epi-pen style).
   d. If you aren’t able to give me a shot, squeeze cake gel or glucose gel and onto my gums behind my lips. Use the whole tube. Don’t put it on my tongue because I might choke.
   e. Wait with me until the Paramedics arrive and explain to them what you have given me, how and when you found me and that I administer insulin with ____________________________.

2. **I am acting confused or not able to function normally**:
   a. Ask me: “____________ Do you feel low? Can I get you some sugar?” I might not be able to think coherently or respond well. Lead me somewhere to sit down.
   b. Get some juice or my glucose tabs. I will need 4 to start off with right away. If juice, make sure it isn’t “low sugar” and give me about a cup (8 oz).
   c. Sit with me for at least 15 minutes, until I can have a conversation or until I can answer questions normally.
      i. If after 15 minutes I don’t appear to be improving, please give me 4 more tabs or another cup of juice.
      ii. Once I am able to respond, please tell me how many glucose tabs/how much juice you gave me.

3. **If you need to move my insulin in the fridge**:
   a. My insulin needs to stay cool to stay active. If it gets too hot or cold it can spoil. If you need to move my insulin please let me know.
      i. If the fridge needs to be turned down in temperature I might need to move the insulin so that it doesn’t freeze.

4. **If you find a syringe or needle**:
   a. If I am not around, please don’t touch an exposed needle. Put a plate or bowl over it until I get home and I place it in my sharps container.
   b. If the syringe is capped (no needle showing) you can place it in my room or in my sharps container.
   c. PLEASE TELL ME IF YOU EVER FIND A NEEDLE, ESPECIALLY ONE WITHOUT A CAP!!!

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**Where can I find…?**

1- **Glucagon kit:***

2- **Cake Gel or Glucose Gel:**

3- **Glucose Tabs:**

4- **Sharps Container:**

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**What to tell 911 or the EMT if you find me unconscious:**

1. I have Type 1 Diabetes
2. I am ______ years old
3. I deliver insulin via: ____________________________
4. I have had diabetes for: ____________________________
5. My emergency contact is: ____________________________
6. How you found me ____________________________
6. How you have treated me since finding me (tabs, glucagon, did you remove my pump? etc)