



## Diabetes Info for Roommates

### Early Signs of Low Blood Sugar

#### GIMME SUGAR

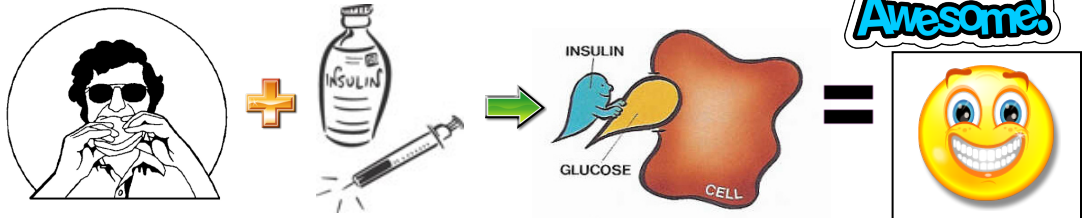
Moodiness  
Irritability  
Shakiness  
Glassy stare  
Pale skin  
Cold Sweats  
Appear "drunk"  
Confusion  
Sleepy  
Withdrawn

### More Serious Signs of Low Blood Sugar

#### CALL 911

Can't wake up  
Seizures

- I need for you and others around me to know I have type 1 diabetes.  
(I don't have type 2 diabetes or gestational diabetes...those are really different.) I treat my diabetes with insulin, paying attention to carbs in food, and checking my blood sugar.
- When a person eats, food is broken down into different things, including glucose. Glucose is a sugar. The body can't function without glucose.
- The body needs insulin in order to use glucose. My pancreas *doesn't* produce insulin (which is why my type of diabetes is different from the others), so I have to take an insulin shot with each meal.



- My blood sugars will rise and fall. If they are high, I may not seem different. Sometimes I have a **low blood sugar** or "hypoglycemia."
- I usually know when my sugar is getting low, but sometimes I don't.

I need you to be aware of the signs of **low blood sugar**.

If any of these symptoms occur, please help by giving me a sweetened soda or orange juice to drink or something from my "low blood sugar food stash."

**Emergency  
Contact #1**

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**Emergency  
Contact #2**

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- If I resist, please be firm and make sure I eat something with sugar.
- I should seem better in 10-15 minutes, otherwise try giving me more food and call one of my medical contacts (parents, doctor).
- My low blood sugar food stash needs to be kept separate from the food we can share. These foods should only be used for low blood sugar.
- If you ever find me unconscious *anytime* (including after drinking) or if I am sleeping longer than usual and you cannot awake me...call 911.

**If you can't wake me up call 911**