



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

WHAT ARE THE CAUSES? Eating too little food, body has too much insulin or diabetes medicine, or too much physical activity.

WHAT IS THE ONSET? The onset is sudden. It may lead to insulin shock.

WHAT LEVEL OF BLOOD SUGAR IS LOW? A blood sugar level below 70 mg/dl is low.

THE SYMPTOMS ARE:

SHAKING



RAPID HEARTBEAT



HEADACHE



SWEATING



WEAKNESS/ FATIGUE



IMPAIRED VISION



DIZZINESS



HUNGER



ANXIOUS



IRRITABLE



HOW DO I TREAT IT?



CHECK BLOOD SUGAR. If you are at 70 mg/dl or less



DRINK
4 oz. of juice
8 oz. of skim milk
or take 2-3 Glucose tablets/gel or hard candy



CHECK BLOOD SUGAR
(After 15 minutes)
If symptoms don't stop,
call your doctor



WITHIN 30 MINUTES
After symptoms end,
eat a snack of a
peanut butter or
meat sandwich and a
glass of milk

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Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



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WHAT ARE THE CAUSES? Eating too much food, body has too little insulin, or if you are sick or stressed.

WHAT IS THE ONSET? The onset is gradual. It may progress to diabetic coma.

WHAT LEVEL OF BLOOD SUGAR IS HIGH? A blood sugar level of above 240 mg/dl is high.

THE SYMPTOMS ARE:

HUNGRY



BLURRY



NAUSEA



DRY SKIN



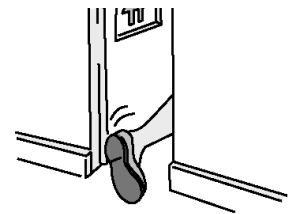
DROWSY



EXTREME THIRST



FREQUENT URINATION



HOW DO I TREAT IT?



Test blood sugar level



If the level is over 200 mg/dl for more than one test, call your doctor

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引發原因: 吃太少、胰島素或糖尿病藥物服用過量、運動過度

發病: 急劇，可能演變成糖尿病休克

血糖: 低於 70 mg/dl

症狀:

顫抖



心跳加速



頭痛



流汗



虛弱、疲勞



視力不良



頭昏眼花



飢餓



焦慮



易怒



處理方式:



檢測血糖
如果血糖是 70
mg/dl 或
以下，則:



飲用
4 盎司果汁或
8 盎司脫脂牛奶或
服食二至三片葡萄糖
片劑或膠 (Glucose
tablets or gel), 或硬
糖



檢測血糖
(15 分鐘後)
如果症狀沒有消失，
致電您的醫生



**症狀結束後的 30 分
鐘內**
吃含花生醬的點心或
夾肉三明治配一杯牛
奶

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引發原因: 吃太多、胰島素太少、生病或緊張

發病: 漸進, 可能演變成糖尿病昏迷

血糖: 高於 240 mg/dl

症狀:

飢餓



視力模糊



噁心



皮膚乾燥



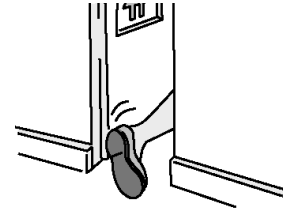
困倦



極度口渴



尿頻



處理方式:



檢測血糖



如果經數次檢測後, 血糖仍高於 200 mg/dl,
請致電糖尿病輔導員 / 醫療人員

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