LOW BLOOD SUGAR
血糖過低

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
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 ml/dl for more than one test, call your doctor.
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：

- 頭痛
- 流汗
- 虛弱、疲勞
- 顫抖
- 心跳加速
- 頭昏眼花
- 飢餓
- 焦慮
- 易怒
- 視力不良
- 飲食過度

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剝或膠 (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

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

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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)。

HIGH BLOOD SUGAR
血糖過高

引發原因：吃太多、胰島素太少、生病或緊張

癥狀：漸進，可能演變成糖尿病昏迷
血糖：高於240 mg/dl

療癒方式：

- 飢餓
- 視力模糊
- 噁心
- 皮膚乾燥
- 困倦
- 極度口渴
- 尿頻

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

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