







**His Branches  
Health Services**

# Dealing With Hypoglycemia

## What to do when you have low blood sugar symptoms.

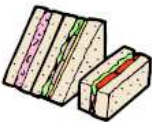


If you can, it is BEST to test your blood sugar before you treat!  
If you test and your sugar is below 70 or you feel shaky, dizzy, or tired follow the steps below.

1 First, you must get sugar into your body quickly. Choose one below.


½ glass orange juice      1 glass milk      ½ can soda      3-5 peppermint candies


2 Next, eat a small snack. Choose one below.




  

½ meat sandwich      peanut butter sandwich or crackers      crackers & cheese

3 Recheck your blood sugar in 30 minutes.

 If it is still low, repeat #1 and #2.

 Foods to avoid as they take too long to be absorbed by your body.

chocolate      cookies      cake

**If your blood sugar is below 70 several times a week, call 235-2250!**