**For School Staff**

Dear Staff:

A/ I have type 1 diabetes. I can enjoy the same activities as other kids, but I may occasionally develop low blood sugar, which requires the treatment(s) listed below. Sometimes I will recognize these symptoms and ask for help, sometimes I won’t.

My characteristic symptoms of low blood sugar are:

- **Change in mood:** I may become defensive, aggressive, then withdrawn or weepy
- **Pallor:** My face will become ashen or grey
- **Vision:** If I’m going really low, my vision will become blurry
- **General:** Look for tired appearance

B/ Should I test my blood? Yes, you can help me by keeping an eye on me, or if you like, I can show you how I do it and you can confirm the result.

If yes, **immediately treat** when blood sugar is **below 4 mmol**

C/ What to do if I have low blood sugar or show symptoms:

Please keep me in sight and let me check my blood sugars immediately. For lows below 4mmol, there is a 10-20g carbohydrate snack or juice in my bag. Taking this should bump my blood sugar concentration up by 5-10mmol within 10 minutes. After 10 minutes, if you still think I look low, or I still feel low, let me re-check my blood sugars and have another snack if required. My mom and dad leave juices in the front office and your classroom if extra snacks are required. A half a cup of pop is equivalent to 20g of carbohydrate.
Please let me sit or rest until the snack has a chance to take effect. If I’m not really low and I am in range (4-10mmol) but I’m heading into gym class or other strenuous activity, it is okay for me to have a snack. I will still need 5-10 minutes of reduced activity to let the snack take effect. If I start running right away, the snack will not affect my blood sugar levels.

D/ If I become confused, refuse treatment, or fall unconscious, I am suffering from dangerously low blood sugar. I need a shot of glucagon immediately!

Please contact 911 and let them know I am a type 1 diabetic and I have collapsed.

My name:

Age:

INSERT PICTURE OF YOUR CHILD

Information:

Home address:

Telephone number:

You can contact my parents or guardian at these numbers:

Mom:

Dad:

Other:
Doctor's phone: (416) 463–3228 and (416) 813–7595 respectively