

KEEP CARD WITH WALLET OR IDENTIFICATION

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MEDICAL ALERT



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I HAVE DIABETES. I may be having a very high or low blood glucose reaction. These can lead to coma or death if they are untreated. If I am not alert or I cannot swallow, do not try to give me anything to eat or drink. Call 911.

Very Low Blood Glucose (Hypoglycemia)

Signs (may look like drug or alcohol intoxication): I may be shaky, sweaty, staggering, combative, confused, or acting strangely. I may also slur speech, have a seizure, or become unconscious.

Treatment for Very Low Blood Glucose:

- If I'm awake and can swallow, give me a source of sugar, such as 4 glucose tablets, ½ cup regular juice or sugary soda, 1 cup nonfat or 1% milk, 1 Tbsp. sugar or honey, or hard candy or jellybeans.
- Stay with me as I rest and check my blood glucose every 15 minutes. I may need more sources of sugar to eat or drink.
- If I do not get better or my blood glucose does not rise above 70 mg/dl, call 911 or get me to a hospital.

See other side for emergency treatment of very high blood glucose.

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Very High Blood Glucose (Hyperglycemia)

Signs (may look like drug or alcohol intoxication): I may be drowsy, confused, urinating often, vomiting, and/or have blurry vision. My skin may be flushed and my breath may have a fruity odor.

Treatment: Severe hyperglycemia can lead to coma or death if untreated. I have a medical need to test my blood glucose, take my insulin (if used), drink water, and have access to a bathroom.

My Name: _____

Emergency Contacts

Name: _____

Phone: _____

Name: _____

Phone: _____

See other side for treatment of very low blood glucose.

CUT ALONG PERFORATION

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EXTRA CARD

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See other side for treatment of very low blood glucose.

Phone: _____

Name: _____

Phone: _____

Name: _____

Emergency Contacts

My Name: _____

access to a bathroom.

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honey, or hard candy or jellybeans. soda, 1 cup nonfat or 1% milk, 1 tablespoon sugar or such as 4 glucose tablets, ½ cup regular juice or sugary,

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