

LOW BLOOD SUGAR (HYPOGLYCEMIA) WARNING SIGNS



Sweating



Blurry vision



Hunger



Inability to concentrate



Headache



Dizziness

WHAT TO DO?



CHECK blood glucose



TREAT, have 15g of carbs rich food



CHECK again after 15 minutes

If symptoms don't stop, call your doctor!



Regular self-monitoring is a key to achieve good diabetes control.



For further details on self-monitoring, consult your doctor today!

Ref: Hypoglycemia (Low blood sugar).

Available at: <https://www.diabetes.org/diabetes/medication-management/blood-glucose-testing-and-control/hypoglycemia> Last accessed on: 11th Aug 2020.

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