

Hello \_\_\_\_\_ !

People with severe allergies carry EpiPens. Because I have diabetes I can experience severe low blood sugar so I carry glucagon, which works in the same way to save my life. Severe low blood sugar means there's not enough fuel in my body to make it function. It can happen at any time.

Really important - if my blood sugar is low, I DO NOT need insulin. I need glucose (sugar) or a hormone called glucagon that can be injected or inhaled. And there might come a time when my blood sugar is SO low that I need your help.

***Different people have different symptoms. Here's how you may be able to tell I'm experiencing a severe low blood sugar:***

- Sweating
- Being out of it/lethargic
- Shaking or trembling
- A fast or pounding heartbeat
- Shallow and fast breathing
- Becoming easily irritated, tearful, anxious or moody
- Turning pale
- Weakness, difficulty walking or moving
- Confusion or difficulty concentrating
- Unusual behaviour, slurred speech or clumsiness (like being drunk)
- Collapsing or passing out

***AND HERE'S HOW TO HELP ME...***

***If I'm still conscious and able to interact with you, give me a source of sugar.  
Great options are:***

- Juice (like orange or apple) or soda (NOT diet)
- Gummies or candy (like fruit snacks, pixie sticks, or jelly beans)
- Raisins or honey

***If I'm slurring my words, unable to answer you, or have passed out, I need you to dose me with glucagon.***

I keep my glucagon \_\_\_\_\_.

- Nasal Glucagon Baqsimi® (nasal spray)
- Gvoke Hypopen® (autoinjector, works like an EpiPen)
- Zegalogue® (autoinjector, works like an EpiPen)
- Glucagon Emergency Kit (follow instructions in the red kit)

Once you've used the glucagon, call emergency services so they can come and make sure I'm okay.

Thank you for learning this for me, it matters a lot. You'll be saving my life.

