Hyperglycemia or high blood sugar is when your blood sugar is over 200 mg/dl.

*If you have these symptoms:*

- Very thirsty
- Hunger
- Weakness/Fatigue
- Blurred vision
- Dry skin
- Sore is not healing
- Urinating often
- Nausea

**Check your blood sugar. If it is over 200 mg/dl:**

1. Did you eat too much food? *If yes, drink 1 cup of water or a sugar-free drink every hour.*
2. Did you forget to take your medicine? *If yes, take your medicine.*
3. Do you have an infection? Flu? Stress?

*If you have high blood sugars > 200 mg/dl for more than three days call your doctor.*

**How to Prevent Hyperglycemia**

- Watch how much you eat.
- Exercise or move every day.
- Take your medicine as directed.
- Check your blood sugars every day.
Hypoglycemia

Hypoglycemia or low blood sugar is when your blood sugar is less than 70 mg/dl.

If you have these symptoms:

- Shaking
- Hunger
- Sweating
- Weakness/
  Fatigue
- Fast
  Heartbeat
- Blurred
  Vision
- Dizzy
- Headache
- Anxious
- Irritable

Check your blood sugar. If it is less than 70 mg/dl:

1. Eat or drink a simple sugar such as honey, sugar, fruit juice or 1/2 cup of regular soda.
2. Wait 15 minutes and then check your blood sugar again.
3. If your blood sugar is still less than 70 mg/dl have another serving of simple sugar and
4. Then eat a snack of complex carbohydrate such as cheese and crackers, or half of a sandwich.

If your family or friends find you “sleeping” and cannot wake you, make sure they know to call 9-1-1.

How to Prevent Hypoglycemia

- Eat at regular times every day.
- Check your blood sugar every day.
- Do not skip meals.
- Take your medicine as directed.

If you continue to have low blood sugar, see your doctor as soon as possible.