

Hypoglycaemia Action Card

What to do when blood glucose is too low

Common symptoms

- Sweating, tremor, hunger and palpitations.
- Irritability, confusion, unusual behaviour or drowsiness.
- Severe hypoglycaemia may cause seizures or unconsciousness.

If the person is awake and can swallow safely

- Check glucose if possible.
- Use the 15-15 approach: take about 15 g of fast-acting carbohydrate, recheck after 15 minutes and repeat if still low.
- Once recovered, follow the individualized diabetes plan and consider the cause.

If the person is unconscious, having a seizure or cannot swallow safely: do NOT give food or drink by mouth. Place them safely on their side, use glucagon if prescribed and available, and seek emergency help.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.