|  |
| --- |
| **RECOGNIZING DIABETIC EMERGENCIES – Symptoms and Signs** * Extreme tiredness and loss of concentration
* Severe thirst
* Dizziness or loss of coordination
* Erratic or argumentative behavior
* Pale and/or sweaty skin
* Can seem drunk
* Loss of consciousness if not treated promptly
 |
| **HOW YOU CAN HELP:** * **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider/first responder**
* **Do not leave the person alone until help arrives**
* **Ask bystanders/ students to leave the area**

 **FIRST-AID PROCEDURE DIABETIC EMERGENCY:**1. **IF CONSCIOUS**
* If the person is fully conscious give them something sweet to eat or drink. An improvement usually occurs within minutes.
* When the person is more alert, offer something more substantial to eat
* Stay with and reassure the person until they have recovered
* Once recovered, advise the person to obtain medical advice
* If the person does not improve or if further deterioration occurs, call Emergency Services 999 or 112 (note: you may need to dial ‘0’ to get an outside line if using a campus landline)
1. **IF UNCONSCIOUS**
* Be prepared to do CPR
* Support the person on their side (recovery position) and call Emergency Services 999 or 112
* DO NOT give the person anything to eat or drink
* Monitor vital signs (breathing, pulse etc.)
* Stay with the person until help arrives

**DO NOT try to give the person a dose of insulin because this can be dangerous unless a medical assessment has been carried out and the patient’s blood sugar level tested.****If you are a trained first-aider/first responder, follow training procedures.** |