

## Hypoglycaemia



When I'm low, I often feel quite weak and shaking a lot, and it's quite hard for me to do things in my daily routine.

It's important for me to teach my friends and schoolmates about diabetes so that they can help, especially when I go low.

I'm hypo when I'm 3.6mmol/L or below, and I know what treatments work the best for me, and I have a note of this so that other people can help me.



I need to check my blood glucose level 15-20 minutes after treating hypo to see if I'm recovering. I have an emergency kit with me all the time and this has my hypo treatments in it. I can tell people what to do if I need to.



My parents revise how to use glucagon every year and check the expiration date in case we need a replacement.