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| **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.** |