

**HYPOGLYCAEMIA (Hypo) LOW Glucose level**  
Glucose Level less than 4.0 mmol/l

**DO NOT LEAVE CHILD ALONE**  
**DO NOT DELAY TREATMENT**

**Signs and Symptoms**

Note: symptoms may not always be obvious.  
e.g. Pale, headache, shaky, sweaty, dizzy, drowsy,  
changes in behaviour

Child conscious  
(Able to drink/eat)

**Step 1:** Give fast acting carbohydrate (glucose)  
e.g. glucose tablets or juice  
Amount glucose = 0.3g/kg weight of child

**Step 2:** Recheck BGL after 10 – 15 minutes  
If BGL is still less than 4.0, repeat Step 1 **OR:**  
If BGL is now 4.0 or above, go to Step 3

**Step 3:** If meal-time give insulin and meal  
immediately or if not meal-time, give a small  
long-acting carbohydrate snack

Child unconscious/drowsy  
(Risk of choking/unable to swallow)

First Aid  
Place child in recovery position DRSABCD  
Stay with unconscious child

**CALL AN AMBULANCE DIAL 111**

Give 0.5-1.0ml of GLUCAGON  
(Orange Hypokit)  
intra-muscular injection if trained to do so.