Medical Alert for: Substitute Teachers
Insulin Dependent Diabetes

*Confidential (except for supervising employees on the need to know basis for safety management.)

Student: **Parent:** Hm: Cell: Wk:

This student has an "Emergency Action Plan" and a "Daily Action Plan" that needs your immediate attention. A summary is noted below and requires your review prior to providing student supervision.

To ensure this student's safety please follow these instructions:

- Identify/familiarize yourself with the student in the classroom.
- Monitor throughout the day, for signs of low and high blood sugar levels (see below.)
    - If student complains of not feeling well or shows signs of fatigue/tiredness/low blood sugar levels even in the middle of your classroom instruction, with an adult escort send student or call the office to accompany student to the office (unless student tests in class). **Never send a student alone**!
    - If student is too weak to leave the classroom or you are unable to find someone to escort to the office when displaying symptoms of a low blood sugar, give student a juice and immediately thereafter, contact someone to follow-up with addressing the health needs (office staff or another adult). A blood sugar test is required.
    - **Exception:** If managed within the classroom, treat with juice if student is unable to complete a blood sugar check. Follow-up with a blood sugar check in 10-15 minutes. Call office if management help is needed.
- Know where the juice is stored and/or get one from the office.
- A student with diabetes should never be allowed to sleep in a class, period. If a student is not awake or puts his/her head down, check immediately as this could be unconscious!

Emergency Instructions for Loosing/Loss of Consciousness

- If able to swallow, give juice or rapid sugar source immediately.
- If unable to swallow- unconsciousness or combativeness, call 911.
- Call office staff for support immediately (ext._____; or_____).

Signs and symptoms of a low blood sugar may include:

-Fatigue- tired, arm to chin, head down
-Confusion/disorientation; poor concentration
-Behavioral- crying, combative, angry, irritable
-Headache
-Shakiness
-Seizure
-Loss of consciousness
Other: _____

Signs of a high blood sugar may include:

-Increased thirst
-Fatigue
-Frequent urination
-Stomach pains
-Loss of concentration

Daily Action Plan: Student Specific Plan for: