## What You Need to Know about Hypoglycemia (Low Blood Sugar)

Hypoglycemia, also known as low blood sugar, occurs when a child's or teen's blood sugar level falls below 70 and can potentially become dangerously low very quickly. It's imperative to take immediate action to raise low blood sugar levels to a safe range.

> Low blood sugar can be caused by different factors, including some outside of my control. Here are a few of the most common reasons my blood sugar may become low:



Taking too much insulin for what I eat/drink



Waiting too long to eat after taking insulin

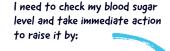


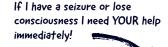
Physical activity

If my blood sugar level falls below 70 these are some of the symptoms

I may experience:

















Every gift takes us one step closer to a cure for T1D. Find out how you can support JDRF and make a difference in the lives of people with T1D by visiting jdrf.org/donate.

You can also follow us on:



汀 @JDRF

@JDRFHQ

youtube.com/user/jdrfonline





