

# DIABETES

Ensure Safety  
for Self and Others

Dial Triple Zero (000)  
for an Ambulance

## If the person is able to swallow:

### Onset Symptoms:

Is able to swallow  
Sweating, pallor  
Rapid pulse  
Trembling, shaking, weakness  
Hunger  
Light headed, dizzy  
Headache  
Lack of concentration  
Mood changes

GIVE SUGARY FOOD

COMFORT / REASSURE

GIVE A MEAL

Monitor until fully recovered



Make comfortable.  
If the casualty can safely swallow, give high-energy foods, sugar, honey or a glucose tablet.

He/she will respond quickly if low blood sugar levels are the cause.  
He/she may be a little confused on recovery.

Make sure a normal meal is eaten.

## If the person is unable to swallow:

### Emergency Symptoms:

Unable to swallow  
Loss of coordination  
Can't follow instructions  
Slurred speech  
Fitting/seizure  
Unresponsive  
Unconscious

PLACE ON SIDE

CLEAR THE AIRWAY

CALL 000

Monitor and manage

If drowsy, unable to swallow  
or unconscious  
**IT IS AN EMERGENCY**

**DIAL 000 IMMEDIATELY**

Say "Diabetic Emergency" and follow instructions.  
Do not allow to eat or drink.  
Wait with them until the ambulance arrives.

If family member or carer is trained to do so, as required:  
Use a blood glucometer  
Use a GlucaGen ® HypoKit ® glucagon injection