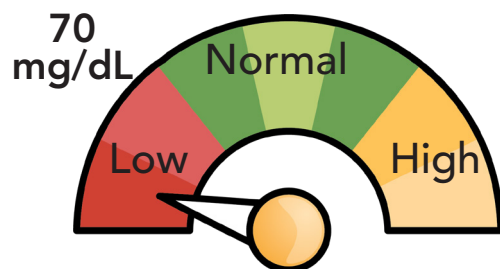


Low Blood Sugar

(Hypoglycemia)

Low blood sugar occurs when the blood sugar level drops below 70 mg/dL.



Living with diabetes means understanding your blood sugar levels.

Causes of Low Blood Sugar:



Too much time
between eating



More physical
activity than usual



Alcohol use
without eating
enough food

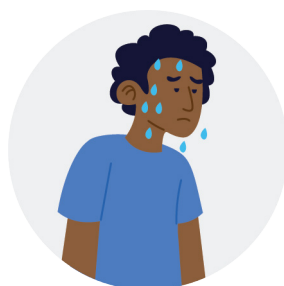


Medication use
(ask your care team if this
applies to you)

Signs of Low Blood Sugar:



Shaky



Sweaty



Dizzy



Hungry



Confusion
and difficulty
speaking



Weak or Tired



Headache



Nervous or
Upset

If you think you have a low blood sugar level:

