



Warning Signs

You must watch your blood sugar level closely to see if it gets too high or too low. If you test your blood sugar a lot, you can take medicine or eat before you have a serious problem.

Low Blood Sugar

When your blood sugar is too low you will have these symptoms.

Early Symptoms

- hungry
- nervous
- sweaty
- shaky
- dizzy
- lightheaded

Serious Symptoms

- confusion
- headache
- very clumsy and not able to move well

High Blood Sugar

When your blood sugar is too high you will have these symptoms.

Early Symptoms

- can't see as clearly
- dry mouth
- feel thirsty
- go to the bathroom a lot
- feel tired for no reason

Serious Symptoms

- short of breath
- breath smells fruity
- very dry mouth
- throwing up



Danger Signs – Call 911

- Your body starts jerking or twitching (seizure).
- You have trouble speaking.
- You can't breathe.
- You can't feel things.
- You have chest pain or tightness that is new or getting worse.
- You pass out.