# ALARMS, ACTIONS, AND AWARENESS

*Recognizing the signs of a blood sugar emergency in your peers.*

## 1 HYPOGLYCEMIA (THE CRASH)

**When blood sugar drops too low, it happens fast.**
**A classmate might look or feel:**

- **Dizzy or Unsteady:** Staggering or leaning on desks.
- **Shaky & Sweaty:** Pale skin or shivering even if the room is warm.
- **Out of Character:** Suddenly confused, highly irritable, or spacing out.
- **Tech Alert:** You might hear an alarm beep or vibrate from their phone or a device attached to their arm—this is their continuous glucose monitor (CGM) giving a safety warning!



## 2 HYPERGLYCEMIA (THE SPIKE)

**When blood sugar climbs too high, it builds over hours.**
**Watch for:**

- **Constant Dehydration:** Chugging water and needing frequent bathroom passes.
- **Severe Fatigue:** Falling asleep at their desk or complaining of blurry vision.
- **Sick Feeling:** Nausea or deep, heavy breathing.



## 3 HOW TO BE A SUPPORTIVE PEER

- **Take Action:** If a friend seems confused or shaky, tell a teacher immediately.
- **Stay Together:** If they need to go to the nurse, volunteer to walk with them so they stay safe in the hallway.
- **Respect the Tech:** Medical devices are private. Never joke about or mimic device alarms.




**Real friends look out for each other. Know the signs.**