

FIRST-AID RESPONSE PLAN FOR DIABETES

SIGNS & SYMPTOMS (not all may be present):

- Extreme tiredness and loss of concentration
- Severe thirst
- Dizziness or loss of coordination
- Erratic or argumentative behavior
- Pale and/or sweaty skin
- Can seem drunk
- Loss of consciousness if not treated promptly

HOW YOU CAN HELP:

- **If you require assistance, ask a student/bystander to go to the front desk to call for a first-aider**
- **Do not leave the person alone until help arrives**
- **Ask bystanders/ students to leave the area**

FIRST-AID PROCEDURE DIABETIC EMERGENCY:

1. IF CONSCIOUS

- If the person is fully conscious give them something sweet to eat or drink. An improvement usually occurs within minutes.
- When the person is more alert, offer something more substantial to eat
- Stay with and reassure the person until they have recovered
- Once recovered, advise the person to obtain medical advice
- If the person does not improve or if further deterioration occurs, call Emergency Services 999 or 112 (note: you may need to dial '0' to get an outside line if using a DIT landline)

2. IF UNCONSCIOUS

- Support the person on their side (recovery position) and call Emergency Services 999 or 112
- DO NOT give the person anything to eat or drink
- Monitor vital signs (breathing, pulse etc.)
- Stay with the person until help arrives

DO NOT try to give the person a dose of insulin because this can be dangerous unless a medical assessment has been carried out and the patient's blood sugar level tested.

If you are a trained first-aider follow training procedures.