# Low Blood Sugar: Ages 6 and Older

Blood sugar

**Less than 70**

The student needs to:

1. Take 10 to 15 grams of **quick-acting carbohydrate**:
   - 3 to 4 ounces of juice **or**
   - 3 to 4 ounces of soda pop with sugar **or**
   - 3 to 4 glucose tablets
2. Wait 5 minutes then:
   - Go back to class if feels fine **or**
   - Wait 15 to 30 minutes if blood sugar still feels low.

Recheck blood sugar after 15 to 30 minutes.

Blood sugar still less than 70, the student needs to take 15 grams of quick-acting carbohydrate again.

Blood sugar over 100 the student needs to:

1. Be watched closely
2. Go back to class

**71 to 100**

The student needs to be watched closely.

**Over 100**

The student needs to go back to class.

****If the student's lunch time blood sugar check is low:**

1. **Treat the low blood sugar first.**
2. **Wait 5 minutes.**
3. **Give the usual dose of insulin.**
4. **Eat lunch.**