Low Blood Sugar

Below 70 mg/dl if you are older than age 7 or below 100 mg/dl if you are younger than 7.

Causes
- Too little food, skipped meals, too much insulin or diabetes pills, excess exercise.

Symptoms
- Shaking
- Fast heartbeat
- Sweating
- Anxious
- Dizziness
- Hunger
- Impaired vision
- Weakness, fatigue
- Headache
- Irritable

High Blood Sugar — Above 200 mg/dl.

Causes
- Too much food, not enough insulin or diabetes pills, infection, stress

Symptoms
- Extreme thirst
- Frequent urination
- Dry skin
- Hunger
- Blurred vision
- Drowsiness
- Nausea