

What is a hypo?



A hypo, or hypoglycaemia, is low blood sugar levels in someone living with diabetes.

Early signs can include fatigue, weakness, shakiness, sweating and confusion.

How to help

- Ask them if they could be having a hypo and if they have something to check.
- Ask if they have anything with them to treat the hypo.

If they need help

- Offer to get some glucose (eg. sugar, honey, cool drink, jellybeans/lollies, fruit juice.)
- Stay calm, stay with the person, and don't offer advice of what they did wrong in the moment.

If they are unresponsive

- Call 000 and stay with them.
- Do not give them anything by mouth as they may not be able to swallow it (unless they become responsive or if advised by paramedics.)
- Get their orange glucagon injection if you know how to use it.

Make your workplace diabetes friendly

Keep a "hypo kit" in a convenient location. This is just like a first aid kit, but with glucose checking equipment, glucose tablets and any other essentials.