What to do if I have a hypo

- Test my blood glucose level, if possible.
- Give me to eat or drink straight away.
- Don’t leave me on my own or send me away to get treatment.
- Check my healthcare plan for further action.

I have Type 1 diabetes

- [ ] I use insulin injections
- [ ] I use an insulin pump
What I’m allowed to do to treat my diabetes

My hypo signs are:

- Eat or drink to prevent or treat a hypo.
- Test my blood glucose levels.
- Take an insulin injection or adjust my pump.
- Have a drink and/or use the toilet.
- Eat or drink to prevent or treat a hypo.
- Test my blood glucose levels.

What I’m allowed to do to treat my diabetes