

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

- 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.

My hypo signs are:
