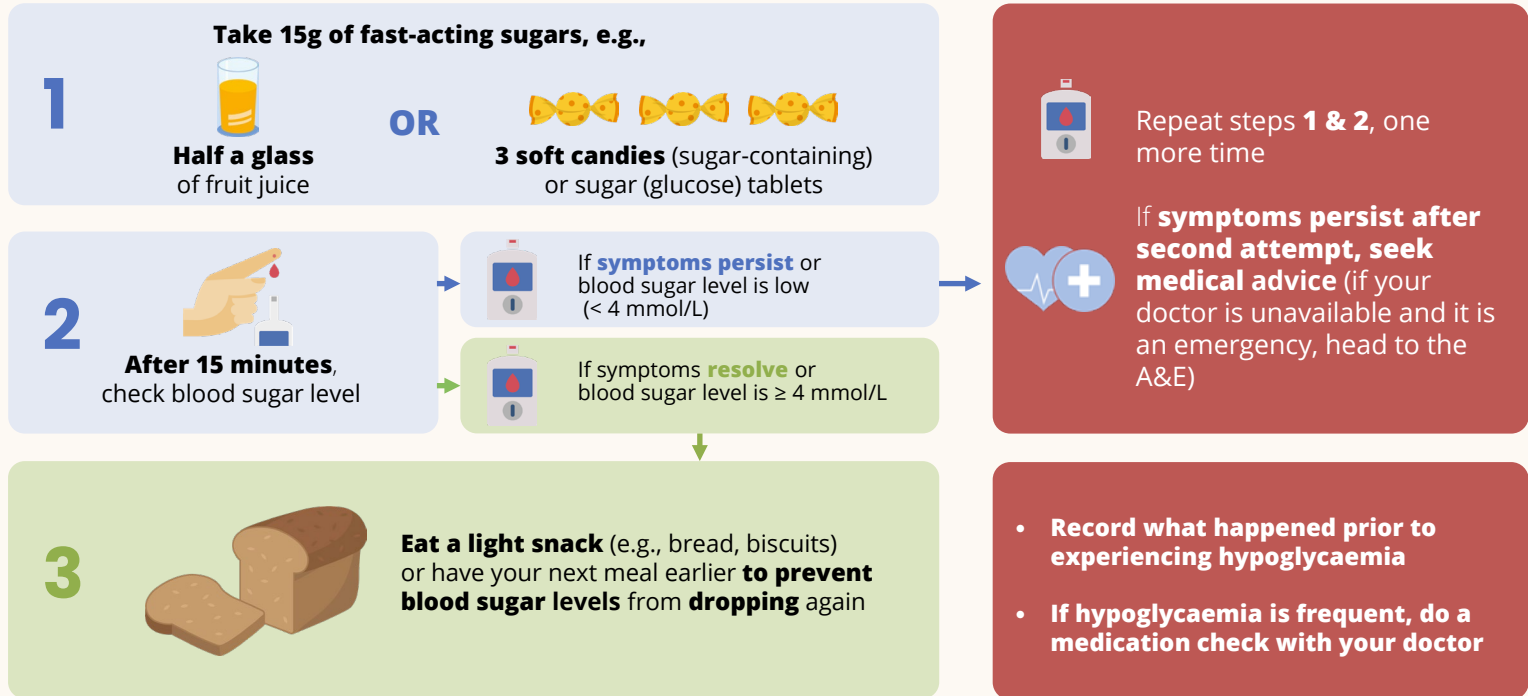


Follow the 15–15 rule if you experience **HYPOglycaemia** symptoms or your blood sugar level is low (< 4 mmol/L)



These steps are only applicable if the person is conscious. If the person is **unconscious**, call an **ambulance immediately**.