


Hypoglycaemia: Symptoms and Severity

Mild	Moderate	Severe	
Fast heartbeat Dizziness Headache Sweating	Unceasing hunger despite having a full and balanced meal Irritable	Weakness Blurred vision Slurred speech Confusion and abnormal behaviour Seizures CANNOT self-treat	 <p>If the individual has lost consciousness, please call an ambulance immediately!</p>

Hypoglycaemia is when the blood sugar levels are lower than the normal. This usually occurs at blood sugar levels less than 4 mmol/L.

Mild: 3.1-3.9 mmol/L

Moderate: less than 3.1 mmol/L

Severe: Less than 2.2 mmol/L or needs help to treat (CANNOT self treat)