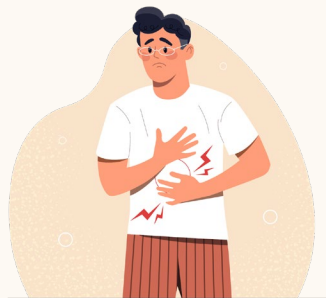


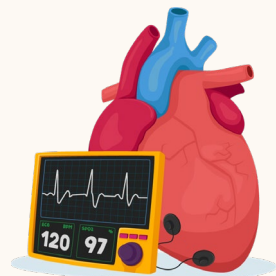
# Common signs and symptoms of HYPOglycaemia (low blood sugar of $< 4$ mmol/L)



**Hunger**



**Hand tremors**



**Abnormally fast heartbeat**



**Fatigue**



**Mood changes**  
(e.g., anxiety, irritability,  
nervousness)



**Dizziness or headaches**



**Changes in behaviour**  
(e.g., confusion, weakness,  
unclear speech)



**Drowsiness**