

# Useful information sheet for the workplace

Fill in the sheet overleaf and make copies to give to your manager, HR department, other colleagues or to pin up on your desk, so those around you will know what to do in an event of a hypo.

## What to do in the event of a 'hypo'

I, \_\_\_\_\_, (work location/phone extension etc) \_\_\_\_\_  
have type 1 diabetes which means that my blood glucose levels may drop too low (below 4.0 mmol/L).  
This is called a 'hypo'.

If I am hypo I am likely to be feeling: \_\_\_\_\_  
\_\_\_\_\_

And you might be seeing: \_\_\_\_\_  
\_\_\_\_\_

I may need to be reminded to take some glucose to treat the hypo and my emergency supplies of glucose are:  
\_\_\_\_\_ and are kept \_\_\_\_\_

If you can't find/get to my emergency supplies please use the following: \_\_\_\_\_  
\_\_\_\_\_

If I seem unresponsive please contact: \_\_\_\_\_ or  
take the following action: \_\_\_\_\_

**NB** After a hypo I may be fine with a normal blood glucose level but still need a little bit of time to feel fully recovered.  
However in an emergency please contact:

Relative / Friend: Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Surgery / Hospital: Name \_\_\_\_\_ Phone \_\_\_\_\_



If in doubt, or if I am unconscious please call 999

[www.jdrf.org.uk](http://www.jdrf.org.uk)

Registered charity numbers 295716 (England and Wales) and SC040123 (Scotland)

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