



Diabetes

Living with diabetes or witnessing someone having a diabetic attack need not be a stressful situation if you follow these simple tips.



For all medical emergencies dial 000 immediately and ask for Ambulance

BLOOD SUGAR LEVELS

Any person who suffers from diabetes should be familiar with managing their illness especially when driving or operating dangerous machinery.

People with diabetes should consider wearing a bracelet or carry some form of identification that indicates their medical condition.

People who are insulin dependent should be careful when it comes to looking after their illness as their blood sugar can fall rapidly.

SYMPTOMS OF LOW BLOOD SUGAR

- > Loss of concentration
- > Reduced reaction times
- > Confusion
- > Aggression
- > Sweating
- > Unconsciousness
- > An appearance of being intoxicated

MANAGING DIABETES

- > For urgent medical attention dial 000 immediately and ask for Ambulance.
- > Consult your doctor about your condition regularly.
- > Eat correctly according to your dietary needs.
- > Check your blood sugar levels regularly.
- > Always have sugar on hand in case your blood sugar starts to drop.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.