

MEDIA RELEASE

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Learn what to do in a diabetic emergency

National Diabetes Week begins next week on 13 July, and St John (NSW) is encouraging people to learn first aid so they know what to do in the event of a diabetic emergency.

Here are some first aid tips from St John (NSW):

If casualty is unconscious:

- follow DRABCD
- call 000 for an ambulance.

If casualty is conscious, and signs suggest low blood sugar:

- Give sweet food or drink (not diet, diabetic or sugar free drinks) every 15 minutes until casualty recovers or medical aid arrives
- call 000 for an ambulance.

If casualty is conscious, and signs suggest high blood sugar:

- Allow casualty to self administer insulin – do not administer but assist if required
- call 000 for an ambulance
- Give casualty sugar-free fluids to drink, if help is delayed.

SIGNS & SYMPTOMS – low blood sugar

- pale
- hungry
- sweating
- weak
- confused
- aggressive

SIGNS & SYMPTOMS – high blood sugar

- thirsty
- needs to urinate
- hot dry skin
- smell of acetone on breath

NOTE: if you are not sure which form of diabetic emergency the casualty has, give a sweet drink. If casualty has a high blood sugar emergency, then giving a sweet drink will not do undue harm.

For more information on first aid training, please visit www.stjohnnsw.com.au or call 1300 360 455.

ENDS

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