

MEDICAL CONDITION

DIABETES

TYPES OF

- **Hyperglycaemia (high blood glucose level)**
- **Hypoglycaemia (Low blood glucose level)**

SIGNS & SYMPTOMS

High glucose level caused by lack of insulin in body .

- **Flushed, dry skin**
- **Drowsy or restless behaviour**
- **Full and rapid pulse**
- **Sweetish smell on breath**

Low glucose level caused by too much insulin in body

- **Cold, pale skin with sweating**
- **Confused, sometimes irritable and may lapse into unconsciousness**
- **Rapid and weak pulse**
- **Normal breathing but can become shallow**

ACTION

Depending on state of consciousness:

- **Give sugared water and seek medical aid if conscious**
- **Place in recovery position and seek medical aid if unconscious**

Derived from NARS beach manual

