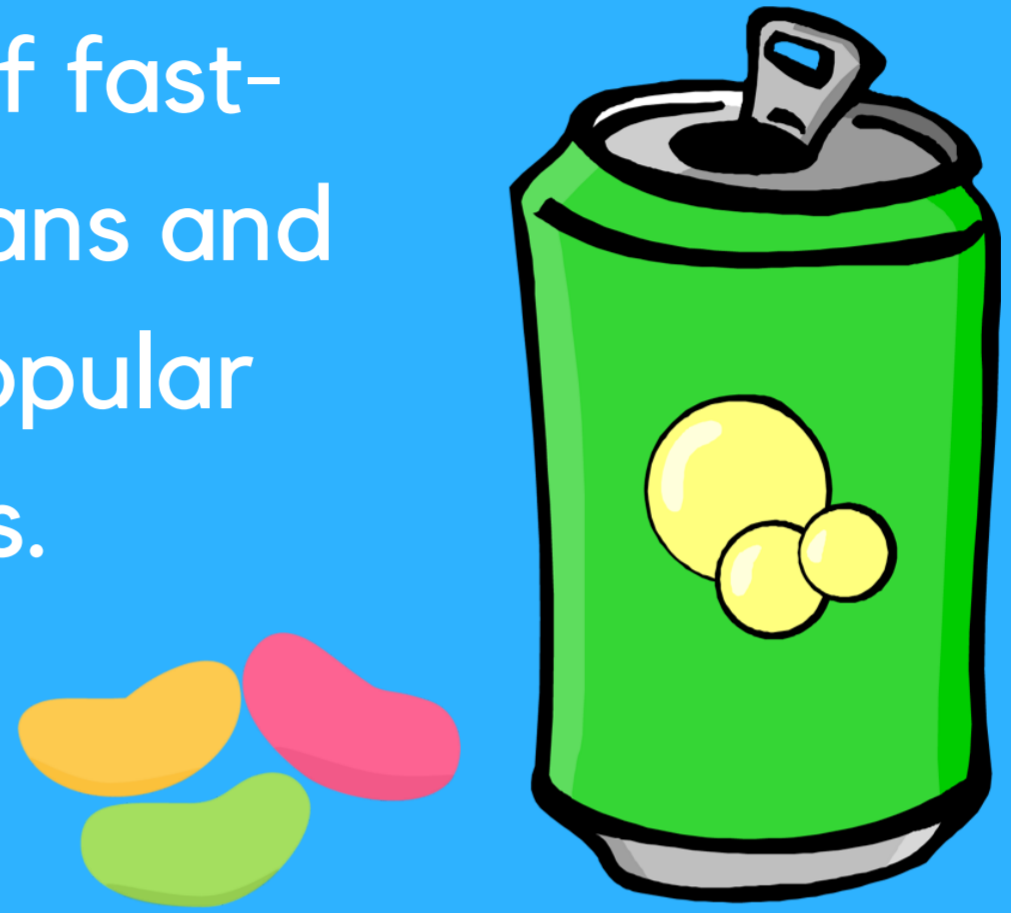
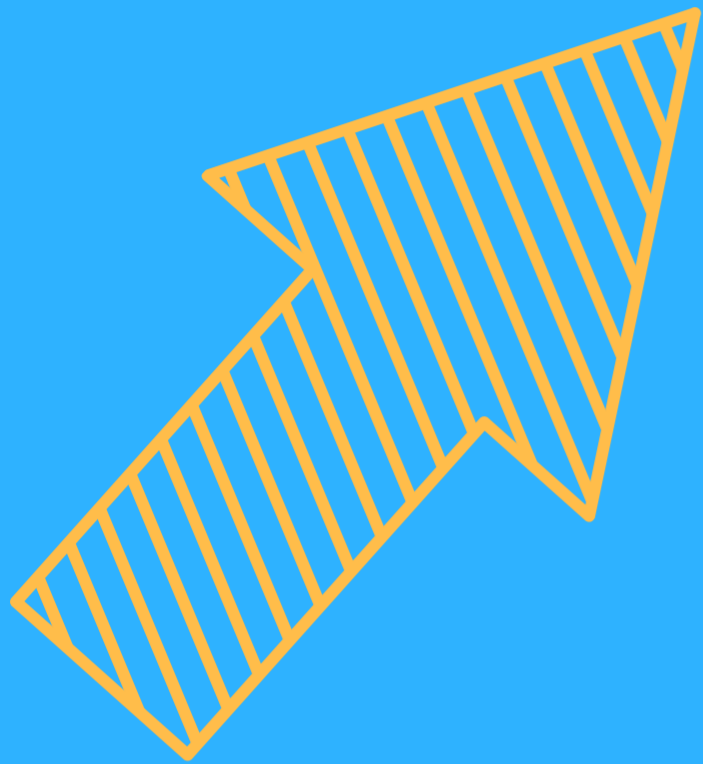


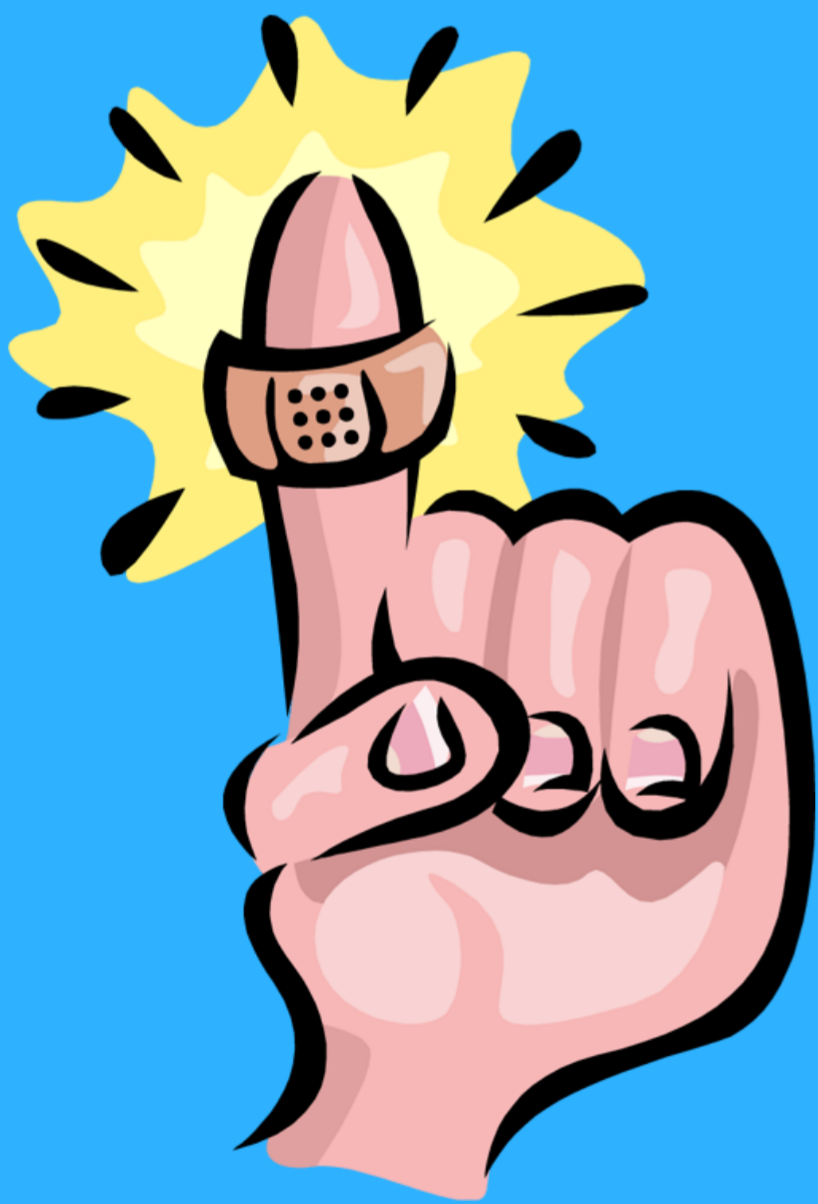
How to quickly and easily treat hypos

Eat or drink 15-20g of fast-acting carbs. Jelly beans and sugary drinks are popular hypo treatments.



If your sugar levels are below 4 mmol/L (72 mg/dL), repeat the steps

(Some people may need to follow this with 15-20g of slow-acting carbs to prevent blood glucose levels from dropping further.)



Test your blood glucose levels.

Wait 15 minutes.

