

## Safe Blood Sugar Levels for Adults with Diabetes

Fasting blood sugar 70-100  
(No food eaten)

Before a meal 70-130

2 hours after a meal less than 180

## When to Check Your Blood Sugar

- In the morning before you eat or drink anything (fasting)
- Before a meal
- 2 hours after a meal
- At bedtime

### Ask your medical provider:

- What the best blood sugar level is for you and when you should check your blood sugar.



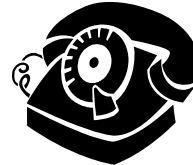
## Your Community Health Center Cares About You

### Want More Information?



Ask your medical provider.

Call the American Diabetes Association.  
1-800-DIABETES  
(1-800-342-2383)



Information is only for educational purposes and not intended as medical advice. To determine if it is appropriate for you, consult your medical provider.

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Live free with diabetes

# Blood Sugar



## Keep It Under Control To Stay Well!

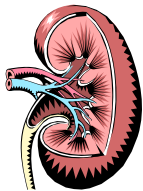


## Checking your blood sugar is very Important

**HIGH** blood sugar can cause health problems:

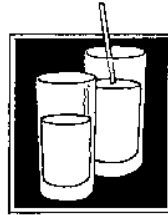
- Blindness
- Kidney disease
- Heart disease
- Stroke
- Foot problems

**LOW** blood sugar stops energy from getting to your brain, heart, and kidneys.



## Signs of HIGH Blood Sugar >200

- Feeling thirsty and tired
- Problems seeing (blurry)
- Urinating more than usual
- Fatigue



## What to do if blood sugar is high

- Check your blood sugar
- Follow your diet
- Avoid sugary foods
- Exercise
- Take your medicine
- Talk to your medical provider

## Signs of LOW Blood Sugar <70

- Irritable
- Headache
- Sweaty
- Confused
- Hungry
- Dizzy
- Shaky



## What to do if blood sugar is low

- Check your blood sugar
- Drink 4 ounces of juice or eat 3-4 small pieces of hard candy
- If you use glucose tablets take 3-4
- Recheck your blood sugar after 15 minutes
- Call your medical provider if your blood sugar does not come up

