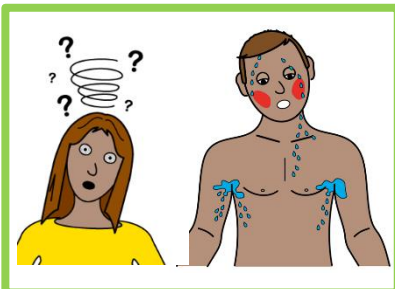


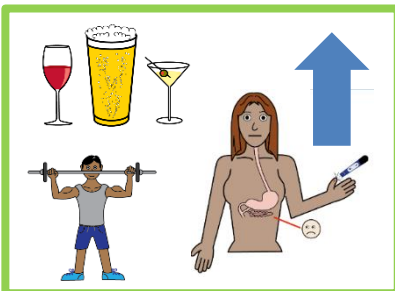
What is a hypo?



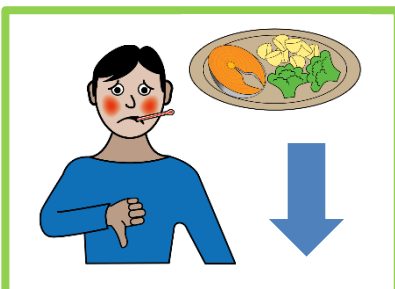
A hypo is when your blood sugar goes too low. This is 4 or below.



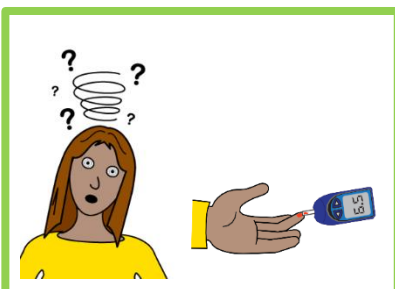
A hypo makes you feel unwell. You may feel shaky, confused, hot, sweaty, hungry, anxious and your heart can pound.



Too much insulin, exercise, or alcohol can cause a hypo.



Too little food or not feeling well can cause a hypo.



Test your blood sugar levels if you do not feel well.