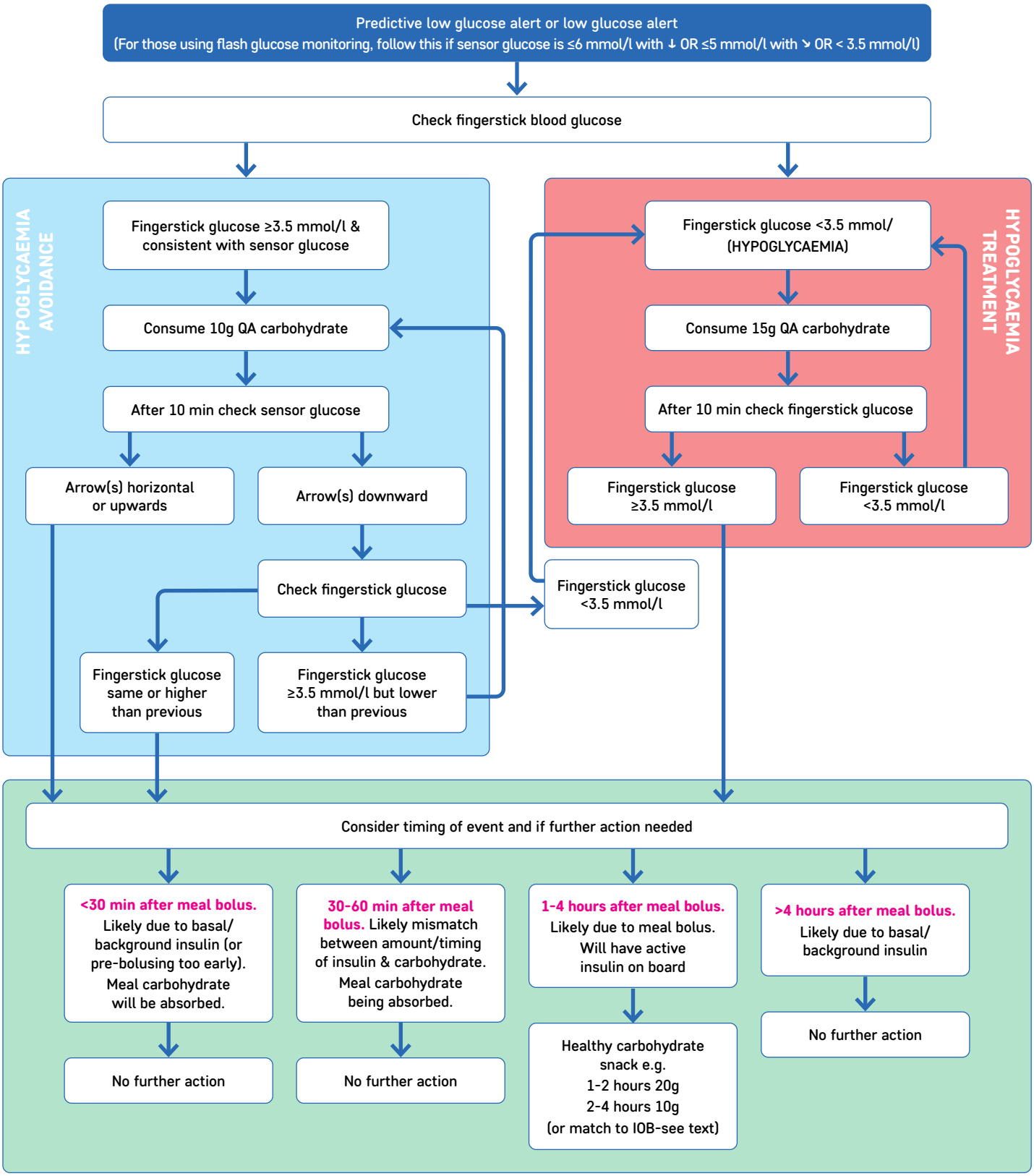Figure 4: Guidance for avoiding and treating hypoglycaemia