

DIABETES & COVID-19: WHAT YOU NEED TO KNOW



WHAT IS COVID-19?

COVID-19 is a virus that spreads from person to person and causes predominantly respiratory symptoms with symptoms ranging from mild (or no symptoms) to severe illness. Common symptoms include:



FAQS:

Are people with diabetes at higher risk of getting COVID-19?

People with diabetes, especially uncontrolled diabetes, may be at a higher risk of becoming seriously ill from COVID-19 than those without diabetes.

Should I still go to the doctor for regularly scheduled visits?

It is important to keep your regularly scheduled doctor's appointments. Many clinics have ways of talking to your doctor on the phone or have procedures in place to minimize contact and keep you safe during your office visit.

**Robert Wood Johnson
University Hospital
Hamilton**

**RWJBarnabas
HEALTH**



PREPARATION

Purchase non-perishable foods, water and supplies. If you have diabetes, you can also prepare by having:

- ✓ An adequate supply of medications- keep at least a 90-day supply on hand
 - If you can't get to the pharmacy, try mail-order or home delivery
- ✓ Blood sugar testing supplies (meter and test strips)
- ✓ Simple/fast acting carbohydrates (like juice, hard candy, glucose tablets) in case you need to treat low blood sugar
- ✓ Glucagon
- ✓ Ketone test strips



The CDC recommends people with diabetes closely follow their diabetes care plan to keep blood sugar under control



PREVENTION

- ✓ Wash your hands frequently with soap and water for at least 20 seconds
- ✓ Avoid touching your face
- ✓ Regularly disinfect "high touch" surfaces and objects
- ✓ Always stay 6 feet apart from any other person when outside of your home
- ✓ Minimize, and if possible, avoid going to places with large crowds- this includes stores, supermarkets, and pharmacies.
- ✓ **Wear a face mask** for protection if you must leave your home to go to crowded areas



WHAT IF YOU GET SICK?

- ✓ **Call your doctor**
- ✓ **Stay at home** and avoid contact with others
- ✓ **Closely monitor your blood sugar** (every 2-3 hours)
- ✓ **Test for ketones** every 4-6 hours if blood sugar is higher than 240 mg/dL more than 2 times in a row
 - Symptoms of diabetic ketoacidosis (DKA) include frequent urination, high blood sugar levels, confusion, and nausea/vomiting
- ✓ **Keep taking your insulin or other diabetic medications**
- ✓ **Stay hydrated** with lots of fluids
- ✓ **Treat symptoms** as you normally would
 - Keep in mind some over-the-counter medicines have sugar and decongestants can raise blood sugar

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- ✓ Difficulty breathing
- ✓ Persistent pain or pressure in the chest
- ✓ Bluish lips or face
- ✓ Symptoms of DKA

QUESTIONS?

Contact Shesha Desai PharmD. RPh
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FOR MORE INFORMATION

Visit the American Diabetes
Association website at:
<https://www.diabetes.org/coronavirus-covid-19>