DIABETES AND COVID-19: STAY CALM. KNOW WHAT TO DO.

PREPARATION
Purchase additional non-perishable foods and supplies. If you or someone you live with has diabetes, you could also prepare by having:

- Extra medication (CVS and Walgreens are offering free prescription delivery)
- Blood glucose meter and test strips
- Glucagon
- Ketone test strips
- Sugary and non-sugary fluids
- Simple carbohydrates (like juice, honey, or candy) for treating low blood sugar
- Electrolyte tablets

PREVENTION
Stop the spread of infection:

- Wash hands frequently and thoroughly
- Disinfect “high-touch” surfaces and objects in your home regularly
- Cover coughs and sneezes with a tissue, and then wash your hands
- Keep a distance of at least six feet with others
- Stay home as much as possible
- Wear a cloth face mask

SYMPTOMS OF COVID-19

- Fever
- Cough (especially a dry cough)
- Shortness of breath
- Loss of sense of smell and taste

EMERGENCY SYMPTOMS OF COVID-19*: SEEK MEDICAL ATTENTION IMMEDIATELY

- Difficulty breathing
- Persistent pain or pressure in the chest
- Confusion or inability to stay alert
- Bluish lips or face

FOR MORE INFORMATION

- diaTribe.org/COVID-19
- Sign up for our weekly newsletter: diaTribe.org/join

WHAT IF YOU GET SICK?

- Call your doctor. If you do not have a doctor, call your state or local health department. Those phone numbers can be found on the CDC website
- Stay home. Do not go to urgent care or the emergency room unless your symptoms are serious* or you are over the age of 65 and/or have an underlying medical condition
- Closely monitor your blood sugar—just like any other illness, COVID-19 can make blood sugar levels more challenging to manage
- Manage symptoms as you normally would—note that acetaminophen (Tylenol) can affect CGM sensor accuracy
- If you take insulin or other diabetes medications, make sure you continue to do so
- Stay hydrated with fluids to feel better and recover faster
- Avoid contact with others until you get your doctor’s okay

Keep calm! Most cases of COVID-19 do not require direct medical care.

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