

# DIABETES AND COVID-19: STAY HEALTHY AND LOWER YOUR RISK OF INFECTION.

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



## NAVIGATING REOPENING

People with diabetes should maintain social distancing and take extra care:

- Minimize contact with others as much as possible; this will lower your chances of getting sick
- If you are in public, wear a cloth face mask at all times, disinfect any surfaces you must touch, and don't touch your face
- Avoid travel; if you must travel, use transportation with as few people as possible
- Ask your healthcare team if virtual appointments are an option
- If you must be around others, outdoor activities are much safer than indoor activities
- Make sure you have extra diabetes medications and supplies, including test strips for blood glucose and ketones
- Store glucagon, simple carbs (like juice, honey, or candy) and glucose tablets for low blood sugar, and electrolyte tablets



## PREVENTION

Stop the spread of infection:

- Get tested if you have symptoms of COVID-19
- Keep a distance of at least six feet with others
- Stay home as much as possible
- Wear a cloth face mask that covers your mouth and nose when around others
- Cover coughs and sneezes with a tissue, and then wash your hands
- Disinfect "high-touch" surfaces and objects in your home regularly
- Wash hands frequently and thoroughly



## SYMPTOMS OF COVID-19

- Fever or chills
- Cough (especially a dry cough)
- Shortness of breath
- Fatigue
- Headache, muscle or body aches
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



## 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](https://diaTribe.org/COVID-19)
- Sign up for our weekly newsletter: [diaTribe.org/join](https://diaTribe.org/join)

## WHAT IF YOU GET SICK?

- 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
- 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
- Closely monitor your blood sugar levels (COVID-19 can make blood sugar more challenging to manage) and seek help if you are not able to achieve your target range
- Manage symptoms as you normally would—note that acetaminophen (Tylenol) can affect Dexcom CGM accuracy
- If you take insulin or other diabetes medication, continue to do so; check ketones if you are on insulin
- Stay hydrated with fluids to feel better and recover faster
- Avoid contact with others until you get your doctor's okay; wear a cloth mask if you must be around people