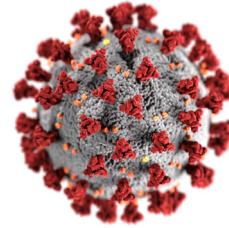


DIABETES AND COVID-19

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Coronavirus Infectious Disease-19 (COVID-19)

COVID-19 is a respiratory infection caused by a new coronavirus, first identified in 2019. Investigators are currently studying this disease to better understand the prevention and control of the disease.



Symptoms

Symptoms range from mild to severe. Symptoms may appear two to 14 days after exposure and include:

- Fever.
- Cough.
- Difficulty breathing.

Other symptoms include:

- Chills.
- Muscle pain.
- Headache.
- Sore throat.
- Loss of taste/smell.



**Some people carry the virus with no symptoms.
 You can catch COVID-19 from someone with no symptoms!**

COVID-19 in People With Diabetes

People with diabetes have higher risk of getting serious complications from COVID-19.

Why?

Diabetes weakens the body's protection against all viral infections.

- If you have health problems related to diabetes, like heart disease, you have a higher risk of experiencing more severe forms of COVID-19.
- If your diabetes is under control, you may have a lower risk of severe COVID-19 complications.

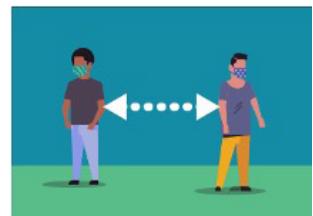
How to Prevent Getting COVID-19?

Be Prepared

- **Health care contact:** Make sure to have the phone numbers of your health care provider in a safe place.
- **Supplies:** Stock up on your supplies in case of an outbreak of COVID-19. Supplies include: Your medications, diabetes devices, and necessary household and grocery items.
- **Medication list:** Create a list of your medications to quickly provide to medical care providers.

Take Preventive Actions

- **Hand-washing:** Wash your hands often with soap and water for at least 20 seconds, especially after you have been in public spaces.
- **Social/physical distancing:** Avoid crowds and close contact with people. Stay at least 6 feet away from others.
- **Face masks:** Wear a face mask whenever you are in public areas.
- **Public surfaces:** Avoid touching surfaces in a public area as much as possible. At stores, use a disinfectant wipe, if available, to wipe the cart handles.
- **Hand sanitizer:** If soap and water are not available, use a hand sanitizer with at least 60 percent alcohol.
- **Home cleaning:** Clean your home regularly and disinfect objects and surfaces.
- **If you get sick:** Self-isolate yourself from others in the household.
- **Cough or sneeze:** Make sure to use a disposable tissue, discard the tissue, and wash your hands.



If You Develop Symptoms of COVID-19:

- **Drink plenty of liquids.** It is very important to prevent dehydration. Make sure you drink a lot of non-sugary fluids.
- **Check your blood pressure.** COVID-19 can increase your blood pressure. Monitor your blood pressure regularly.
- **Check your blood sugar.** Know your blood glucose level and be prepared to report it to your health care provider. Stress can cause your blood glucose to fluctuate.
- **Call your health care provider and report:**
 - Your symptoms,
 - Your blood glucose level, and
 - The amount of liquid that you've consumed.
- **Get tested.** Call your health care provider and discuss whether and where to be tested.

Focus on Healthy Habits

- **Practice good mental health:** Stay positive and practice calming techniques, such as deep breathing or prayer. Stress can affect your diabetes.
- **Stay connected:** Talk to friends and family through technology like video chat, text message or telephone. Feelings of loneliness can cause stress that can affect your diabetes.
- **Get enough sleep.** Being tired adds stress to your body, causing diabetes management to be difficult.
- **Eat healthy:** Stock up on healthy snacks. When stressed, it is easy to slip into bad habits.
- **Be physically active:** Even if you're stuck in the house, it is important to stay active. You can take walks while maintaining social distancing or do physical activities at home.

Visit the following websites for more information on diabetes and COVID-19:

Centers for Disease Control and Prevention: [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#diabetes](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#diabetes)

American Diabetes Association: [diabetes.org/coronavirus-covid-19](https://www.diabetes.org/coronavirus-covid-19)



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