

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

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



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