

What you need to know

# Diabetes and COVID-19



People who live with medical conditions like diabetes seem to be at higher risk for developing serious problems from COVID-19. **Managing your blood sugars is important, and especially during the COVID-19 outbreak.**

## RESOURCES

For updates about COVID-19, visit the CDC website at **[cdc.gov](https://www.cdc.gov)**.

For information about affordable insulin, visit **[insulinhelp.org](https://www.insulinhelp.org)**.

To learn more about COVID-19 and diabetes, visit **[diabetes.org](https://www.diabetes.org)**.

## Reduce Your Risk

**The best way to prevent COVID-19 is to avoid being exposed to the virus.**

**To help protect yourself:**

- Follow your diabetes care plan as best as you can
- Use hand sanitizer or wash your hands with soap and water for at least 20 seconds (sing "happy birthday" two times or the alphabet song once)
- Stay away from sick people
- Clean and disinfect items and surfaces that are touched a lot with an [EPA-approved disinfectant](#)\*

## Have a Sick-Day Plan

**Infections can make your diabetes harder to manage. Be prepared and work with your diabetes team to create a sick-day plan ahead of time. This may include:**

- Extra blood sugar testing supplies to test more often
- Ketone testing supplies
- Fast-acting carbohydrates to treat low blood sugars
- Liquid carbohydrate sources like regular soda, gelatin desserts, or ice pops if you aren't able to eat solid foods
- A two-week supply of your medicines and/or insulin
- Plenty of non-caffeinated, low-calorie fluids like water, diet sodas, zero sugar sports drinks, or decaf tea and coffee to stay hydrated between meals

## Call Your Doctor If You Have:

- Blood sugars above 240 mg/dl two times in a row
- A fever over 100°F for 24 hours
- A cough that gets worse
- Been around someone who has COVID-19 or is waiting on test results
- Questions about if and when you need to check for ketones

## Get Emergency Care If You Have:

- Shortness of breath that is new or getting worse
- Bluish lips or face
- Pain or pressure in chest
- Nausea/vomiting
- Fruity odor on your breath
- Confusion



**Call 911 if it is hard for you to breathe or you have another medical emergency. Do not delay getting emergency care for your diabetes because of COVID-19. We are following CDC guidelines to keep patients and staff safe.**

