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.

For information about affordable insulin, visit insulinhelp.org.

To learn more about COVID-19 and diabetes, visit 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.