



CORONAVIRUS 2019 (COVID-19)

WHAT PEOPLE WITH DIABETES SHOULD KNOW

WHAT IS COVID -19?

COVID-19 stands for Coronavirus Disease 2019. It is a respiratory disease (affects lungs and breathing) caused by a new type of coronavirus.

WHAT ARE THE SYMPTOMS OF COVID-19?

- The main symptoms of COVID-19, which may appear between 2 to 14 days after exposure to the virus, include:
 - fever
 - cough
 - difficulty breathing or shortness of breath

People with diabetes who are infected with the coronavirus are more likely to develop severe coronavirus disease (COVID-19) and complications.

If you have diabetes, you should be especially diligent to reduce risk of exposure, including:

- **STAY HOME.** Avoid people who may be infected with the virus by staying home and avoiding any unnecessary travel. Avoid social gatherings.
- **WASH HANDS OFTEN.** Wash your hands for 20 seconds with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60 percent alcohol.
- **AVOID TOUCHING YOUR FACE, NOSE AND EYES.**
- **AVOID SHAKING HANDS**
- **AVOID TOUCHING HIGH-TRAFFIC SURFACES** such as door handles, handrails, or counters. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- **SNEEZE OR COUGH INTO A TISSUE**, or the inside of your elbow.
- **DISINFECT FREQUENTLY USED ITEMS** as much as possible.

MANAGING YOUR DIABETES CAN BE MORE CHALLENGING DURING THIS TIME

BLOOD SUGARS:

- Stress, activity restriction, changes in eating patterns, and illness can all affect your blood sugars.
- Be sure to monitor your blood sugar regularly at home.
- Call your health care provider if your blood sugar is much higher than normal.

MEDICATIONS:

- Be sure that you have enough medications for 30 days.
- Call your pharmacy if you need refills.
- Don't forget test strips and lancets.

TO REDUCE THE RISK OF CORONAVIRUS EXPOSURE, AVOID GOING TO THE CLINIC UNLESS NECESSARY. ALWAYS CALL FIRST!

Patients who develop mild symptoms should:

- monitor their blood sugars,
- stay well-hydrated,
- call their health care team to report these symptoms

FOR SEVERE SYMPTOMS, SEEK MEDICAL CARE RIGHT AWAY!

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



www.cdc.gov/coronavirus



Coronavirus Hotline
1-855-600-3453



www.coronavirus.gov



For non-health related
COVID-19 questions
1-833-551-0518



www.ihs.gov



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