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