



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, difficulty breathing or shortness of breath, cough, chills, muscle pain, sore throat, headache, new loss of taste or smell.

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.ih.gov



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