

# Diabetes and COVID-19

## ***Most important...don't panic. You will get through this!***

Persons with Diabetes who have uncontrolled blood glucose levels and other complications typically do get infections at a higher rate and have poorer outcomes.

Patients who are older who have other complications such as respiratory and cardiovascular disease are at higher risk for poor outcomes related to COVID-19

Young healthy individuals with well managed diabetes and no complications are typically at a lower risk for disease and serious disease

Infection can affect blood glucose numbers causing hyperglycemia and sometimes hypoglycemia. It is important to manage glucose levels during times of infection through diligent testing and dosing of medication.

## **Preparation is Key!**

Practice frequent and thorough handwashing.

Avoid touching your face as this is a portal of entry for the virus.

Have all medications and supplies available for at least a 14-day period.

This includes:

- Insulin and medications
- Meter and testing supplies
- Continuous glucose monitoring supplies
- Pump supplies (infusion sets/pods, reservoirs, batteries)
- Ketone strips
- Glucagon
- Sugar free and sugared beverages (for hydration, choice depends on blood glucose levels)
- Non-perishable food items

Ensure that you are vaccinated for diseases that we can prevent such as influenza and pneumonia among other common diseases.

## **Managing COVID-19 Infection**

Get plenty of rest and stay well hydrated. A common symptom of COVID-19 is fever. By staying well hydrated this will lessen the risk of dehydration in the presence of fever.

Test blood glucose levels often (every 2-3 hours).

If you are taking insulin, administer bolus doses as needed to keep blood glucose levels as stable as possible. Do not stop giving your long acting insulin. Follow *"Sick Day Management"* recommendations.

Take precautions to limit the spread of disease to others around you (quarantine, cover your cough, wash your hands thoroughly and frequently, do not share eating or drinking utensils)

Manage fever with Acetaminophen and Ibuprofen. These can be alternated every 3-4 hours as needed for fever and pain.

Seek medical attention for the following:

- Vomiting or diarrhea for >6 hours
- Inability to tolerate liquids for >6 hours
- Abdominal pain
- Kussmaul breathing (rapid shallow breathing), shortness of breath or fruity odor to breath
- Lethargy or decreased responsiveness

Call ahead to inform staff so that they can give you instruction and prepare for your arrival.

