

Diabetes and COVID-19

What you need to know

NovoCare[®]
Education + Resources

DIABETES

What is COVID-19?

COVID-19 is a virus that causes respiratory illness. You may have symptoms that are mild or more severe. Symptoms may include:

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may vary depending on vaccination status. They may also change with COVID-19 variants.

How does COVID-19 impact people with diabetes?

People with diabetes are more likely to get very sick from COVID-19. If your diabetes is well-managed, your risk of getting very sick may be lower. But, if you have diabetes and other conditions, like heart disease, your chance of getting seriously ill from COVID-19 may be higher.



How can you protect yourself?

Tips to help you and others stay healthy:



Continue basic health and hygiene practices, like hand washing



Keep COVID-19 vaccines up to date



Stay away from a person who is sick or has tested positive



Wear a mask around others if you find out that you have been exposed



Get tested if you start having symptoms



Stay home and away from others for at least 5 days if you test positive



Call your health care provider right away to learn about treatment options

How can you prepare in case you get sick?

Gather supplies needed to manage your diabetes:

- Blood sugar testing supplies
- Ketone test strips in case of high blood sugar
- Simple carbs to treat low blood sugar (glucose tabs, juice, hard candies)
- Severe low blood sugar emergency kit (glucagon)
- Supplies for your insulin pump or continuous glucose monitor (CGM)



- Always have enough of your diabetes medicine to last at least 14 days
- If a state of emergency is declared, get extra refills on your prescriptions
 - If you can't get to a pharmacy, try having your medicines delivered
 - If you are having trouble paying for your diabetes medicines, visit [NovoCare.com](https://www.novocare.com)



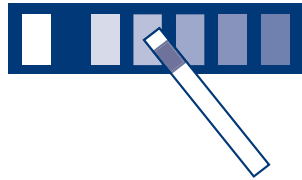


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What to do if you get sick?

- **Call your health care provider**
 - Treatment options may be available
- **Drink calorie-free fluids and stay hydrated**
- **Check blood sugar often** (every 2-3 hours)
 - Follow levels recommended to you by your provider
 - If blood sugar is low (less than 70 mg/dL) have 15 grams of simple carbs and re-check blood sugar in 15 minutes, repeat if needed
- **Continue taking insulin and diabetes medicines as usual or as instructed by your provider**
- **Test for ketones** if blood sugar is higher than 240 mg/dL more than 2 times in a row
 - Some symptoms of diabetic ketoacidosis (DKA) include:
 - High level of ketones
 - Frequent urination
 - Vomiting
 - High blood sugar levels
 - DKA is serious. Contact your health care provider immediately if you have symptoms of DKA
- **Be aware** that acetaminophen (Tylenol®) can affect some CGM sensors
 - Check blood sugar with finger sticks to make sure it is accurate



- **Wash your hands and clean your injection and finger-stick sites** with soap and water. Use rubbing alcohol if soap and water is not available



When should you seek emergency medical care?

If you develop emergency warning signs of COVID-19, such as:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Not able to wake or stay awake
- Bluish lips or face

When experiencing symptoms of high ketones/DKA such as:

- Vomiting
- Difficulty breathing
- Fruity odor on breath
- Confusion



For more information:

- American Diabetes Association (ADA) <https://diabetes.org/coronavirus-covid-19>
- Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/coronavirus>

My health care provider

Name _____

Phone number _____

To learn more visit NovoCare.com or scan this code with a smartphone or tablet



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