**Useful tips for our patients with diabetes during the COVID-19 crisis**

Diabetes is one of the many chronic diseases associated with an increased risk for Coronavirus. People with diabetes are more likely to have severe manifestations of the coronavirus infection, and their outcomes can be potentially worse.

It is incredibly important in this time to ensure you are taking clear steps to safeguard yourself from catching and spreading the COVID-19 infection. There are many steps worth taking to reduce your chances of contracting COVID-19, some are listed below.

**What can I do to help myself?**

1. Adopt government strategies to prevent catching and spreading the infection.
	1. Wash your hands regularly
	2. Isolate yourself from unnecessary contact with others
	3. Keep a safe 2m distance from others when out in public areas
2. Ensure I have at least a two month supply of all my diabetes medication, including test strips and ketone strips (T1 diabetes).
3. Adopt as best I can a lower carbohydrate diet to help keep my blood glucose levels down.
	1. <https://www.knowdiabetes.org.uk/be-healthier/low-carb/>
4. Stop smoking
	1. <https://quitnow.smokefree.nhs.uk/>
5. If I need to lose weight, take this time in isolation to do my best to try to achieve this.
	1. <https://www.knowdiabetes.org.uk/be-healthier/weight-loss/>
	2. <https://www.knowdiabetes.org.uk/be-healthier/low-carb/>
6. ***Alert my GP to potential Covid 19 symptoms early*** and seek their advice on management. Keep yourself up to date on sick day rules

Useful TREND leaflets for PWD regarding Sick day rules

* 1. Type 1  <https://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf>
	2. Type 2 <https://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_FINAL.pdf>
1. Keep yourself up to date on developments. <https://www.diabetes.org.uk/about_us/news/coronavirus>
2. Speak to your GP about:
3. Your target blood sugar goal during an illness
4. How to adjust your medicines (for example how to adjust your insulin dosage and when to take insulin)
5. When to contact your healthcare team for help
6. How often to check their blood sugar and ketone levels.

**What should I do if I develop symptoms of Covid 19?**

1. Let your GP know your symptoms early.
2. Check your blood glucose levels more frequently, early morning is probably most useful if you are only taking oral medication. (Check more frequently if on insulin).
3. Check out this website:
	1. [www.knowdiabetes.org.uk/know-more/good-to-know/coronavirus-specific-advice-for-people-living-with-diabetes/](http://www.knowdiabetes.org.uk/know-more/good-to-know/coronavirus-specific-advice-for-people-living-with-diabetes/)

STAY SAFE!