

**Trust the Science!**  
ALABAMA EXTENSION

## What is COVID-19?

COVID-19 is a virus that makes it very hard for a person to breathe.

COVID-19 can be passed from person to person.

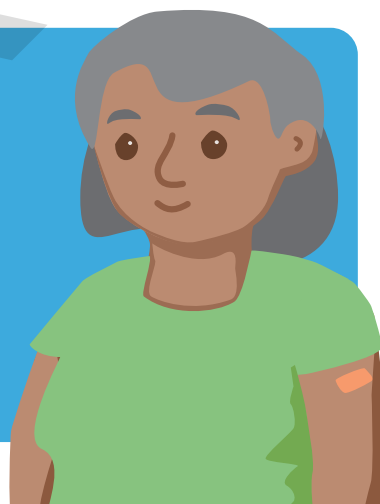
## Will I get Covid-19 because I have diabetes?

No, not all people with diabetes will get COVID-19.

Because people with diabetes already have a weak body system, you can get COVID-19 easier than people without diabetes.

People with diabetes can get very sick from COVID-19.

**If you have diabetes, closely follow your diabetes care plan for better blood sugar control. This is good advice to use every day.**



## How can I protect myself?

Follow these tips to stay healthy and safe:

- Do not get too close to people who are sick.
- Do not touch your eyes, nose, and mouth with your hands.
- Do not stand too close to people who are not in your household. Stay 6 feet apart.
- Cover your mouth and nose with a mask when around others.
- Clean surfaces you use every day.
- Wash hands often with soap and water for at least 20 seconds.
- Wash hands before and after checking blood sugar.

## How can I prepare in case I get sick?

For people with diabetes, make sure you have supplies to manage your diabetes:

- Blood sugar testing supplies.
- Ketone testing supplies in case of high blood sugar.
- Fast-acting carbs to treat low blood sugar (glucose tabs, juice, hard candies).
- Severe low blood sugar emergency kit (glucagon).
- Extra medicine in case of emergency. If you get sick, ask family or friends to pick up your medicine.
- If using a continuous glucose monitor (CGM), have sensors, a backup meter, and testing supplies.
- If using an insulin pump, talk to your doctor about a backup plan.

**If you have diabetes, closely follow your diabetes care plan for better blood sugar control. This is good advice to use every day.**



For more information, visit:

[www.alabamaready.info](http://www.alabamaready.info)

**Shonda Miller**, Human Sciences Regional Extension Agent; **Barb Struempfer**, Associate Dean, Assistant Director, Human Sciences Extension; and **Amy Sorter**, Executive Support Assistant, Human Sciences Extension; all with Auburn University

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COVID-19  
and Diabetes

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