



Managing Diabetes and COVID-19

According to the American Diabetes Association, people with diabetes have the same risk of getting COVID-19 as people without diabetes. But people with diabetes may become sicker if they get COVID-19. The more health conditions a person has (such as diabetes plus heart disease), the greater their risk of getting sicker from COVID-19.



If You Get Sick, Know What to Do

Call your doctor if you feel any of these COVID-19 symptoms:

- Fever or chills
- Cough
- Tiredness
- New loss of taste or smell
- Headache
- Sore throat
- Stuffy or runny nose
- Diarrhea
- Upset stomach
- Trouble breathing
- Pain or pressure in your chest that will not go away
- Confusion
- Not able to wake or stay awake
- Blue lips or face

If you get sick and have diabetes, follow these tips, which may work differently for each person.

- Drink lots of water. If you cannot keep water down, take small sips or ice chips every 15 minutes during the day. This will help keep a healthy level of water in your body.
- If your blood sugar level is below 70 or below the target range, do the following:

Eat simple sugars, such as honey, jam, gelatin dessert, hard candy, ice pops, juice, or regular soda.

Recheck your blood sugar in 15 minutes to make sure your levels are going up.

Check your blood sugar every 2 to 3 hours during the day and night.

- Talk with your doctor if you have the following symptoms:

Are always thirsty

Need to use the bathroom a lot

Feel weak

Are short of breath or have fruity breath

Feel confused

- If your blood sugar is greater than 240, call your doctor for your next steps.
- If you take Tylenol, it may change your reading on your continuous glucose monitor (CGM). Check your user manual. You may need to check your blood sugar with finger sticks to make sure you are getting the right reading.
- Wash your hands and clean your shot and finger-stick sites with soap and water or rubbing alcohol.



For more information, visit:

www.alabamaready.info

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