



# COVID-19 & Diabetes

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**When people with diabetes do not manage their blood sugar levels well, they can have more trouble fighting off illnesses like COVID-19. Because of this, people with poorly controlled diabetes are more likely to become very ill or die if they get COVID-19.**

**If you have a cough or shortness of breath, stay home and contact your health care provider. Don't go to work or school.**



**Other symptoms include fever, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.**

**Get rest and stay hydrated.** If you are not sick enough to be hospitalized you can recover at home.

**Monitor your symptoms.** If your symptoms get worse, call your health care provider immediately.

**Seek medical attention immediately** if you develop any of the following:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## Take care of your health.

- Ask your doctor how often you should check your blood sugar and what your target blood sugar levels should be. Keep records of your results.
- Recognize the signs of high or low blood sugar and make sure you know what to do about it. Monitor your feet, skin, and eyes to catch problems early.
- Take your medications on time and as directed.
- Stress can make managing diabetes harder, including controlling your blood sugar levels and dealing with daily diabetes care. Regular activity, getting enough sleep, and relaxation exercises can help. Talk your doctor about these and other ways you can manage stress.
- Stop smoking. Smoking can make it more likely that you have heart attack or stroke. Visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com) for Quit Your Way services.



**Stock up on 2–3 weeks** of non-perishable food, prescriptions and medical and health care supplies.

**Create a contact list** of family, friends, neighbors, health care providers, community assistance programs and drivers, and let them know you may need them for help if you become sick.

**Stay up to date** with state and local guidance at [FloridaHealthCOVID19.gov](http://FloridaHealthCOVID19.gov) and CDC guidance at [CDC.gov/Diabetes/Basics/Type2.html](http://CDC.gov/Diabetes/Basics/Type2.html).



**Wash your hands** often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.

**Avoid touching your face** with unwashed hands.

**Cover your coughs and sneezes** with the inside of your elbow or a tissue.

**Clean objects or surfaces daily** that people touch a lot: door knobs, kitchen counters, key pads, etc.

**If you're sick, protect your family.** Stay in a separate room from others and avoid sharing personal items. Learn more at the Centers for Disease Control and Prevention's Get Your Home Ready page (<https://tinyurl.com/v267uf3>).

## Practice Social Distancing:

- Stay home as much as possible.
- Stay away from people who are sick or who have been sick in the past two weeks.
- Shop during off-hours when crowds are smaller.
- Avoid crowds and gatherings of 10 or more people.
- Keep at least 6 feet between you and other people.
- Avoid touching "high-touch" public surfaces.
- Wear cloth face coverings in public places.



6 feet

