

COVID-19 and Diabetes

COVID-19 is the infectious disease caused by the most recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China, in December 2019.

What are the symptoms?



FEVER



TIREDNESS



COUGH

Some individuals may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually.



I live with diabetes and think I may be infected. What should I do?



If you have diabetes and you have symptoms such as a cough, fever/high temperature and feeling short of breath, you need to continue taking your medication and contact your primary care physician or local Public Health Authority.

For those who routinely monitor their blood glucose, on the advice of their clinical team, they should continue to do this more often.



How should I prepare?



Gather the contact information for your doctors, clinic, pharmacy and your insurance.



Write down the names and doses of your medications.



Have enough medication for one-two weeks in case you cannot get to the pharmacy to refill your prescriptions.



Keep simple sugars (i.e. glucose tablets) on-hand in case you need to treat low blood sugar which may occur more frequently with illness due to changes to eating patterns.



Have glucagon available in case of a significant low blood sugar (if taking insulin or medications that can cause low blood sugar).



Ensure you have enough device supplies as well (i.e. pump supplies, pen supplies, monitor supplies, etc.)



Have ketone strips available in case of illness (if you have type 1 diabetes).



Have extra supplies like rubbing alcohol, hand sanitizers and soap to wash your hands.



Should I stop taking certain blood pressure medications because I've heard that these drugs may affect my risk of COVID-19 infection?

Blood pressure control is an essential part of managing diabetes. In addition, certain blood pressure lowering medications [a class of medications known as angiotensin converting enzyme inhibitors (ACE-i) or Angiotensin Receptor Blockers (ARBs)] are often recommended for people living with diabetes to protect them from kidney and heart-related complications, even in the absence of high blood pressure.



At the present time, there is no confirmed scientific link between these blood pressure medications and the risk of COVID-19 infection or its complications.

Please do NOT stop or change any of your medications without discussing with your healthcare team.

