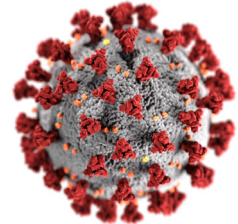


# DIABETES AND COVID-19

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## Coronavirus Infectious Disease-19 (COVID-19)

COVID-19 is a respiratory infection caused by a new coronavirus, first identified in 2019. Investigators are currently studying this disease to better understand the prevention and control of the disease.



## Symptoms

Symptoms range from mild to severe. Symptoms may appear two to 14 days after exposure and include:

- Fever.
- Cough.
- Difficulty breathing.

Other symptoms include:

- Chills.
- Muscle pain.
- Headache.
- Sore throat.
- Loss of taste/smell.



**Some people carry the virus with no symptoms.  
 You can catch COVID-19 from someone with no symptoms!**

## COVID-19 in People With Diabetes

People with diabetes have higher risk of getting serious complications from COVID-19.

### Why?

Diabetes weakens the body's protection against all viral infections.

- If you have health problems related to diabetes, like heart disease, you have a higher risk of experiencing more severe forms of COVID-19.
- If your diabetes is under control, you may have a lower risk of severe COVID-19 complications.

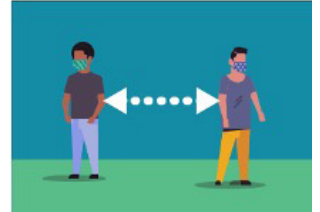
## How to Prevent Getting COVID-19?

### Be Prepared

- **Health care contact:** Make sure to have the phone numbers of your health care provider in a safe place.
- **Supplies:** Stock up on your supplies in case of an outbreak of COVID-19. Supplies include: Your medications, diabetes devices, and necessary household and grocery items.
- **Medication list:** Create a list of your medications to quickly provide to medical care providers.

## Take Preventive Actions

- **Hand-washing:** Wash your hands often with soap and water for at least 20 seconds, especially after you have been in public spaces.
- **Social/physical distancing:** Avoid crowds and close contact with people. Stay at least 6 feet away from others.
- **Face masks:** Wear a face mask whenever you are in public areas.
- **Public surfaces:** Avoid touching surfaces in a public area as much as possible. At stores, use a disinfectant wipe, if available, to wipe the cart handles.
- **Hand sanitizer:** If soap and water are not available, use a hand sanitizer with at least 60 percent alcohol.
- **Home cleaning:** Clean your home regularly and disinfect objects and surfaces.
- **If you get sick:** Self-isolate yourself from others in the household.
- **Cough or sneeze:** Make sure to use a disposable tissue, discard the tissue, and wash your hands.



## If You Develop Symptoms of COVID-19:

- ☛ **Drink plenty of liquids.** It is very important to prevent dehydration. Make sure you drink a lot of non-sugary fluids.
- ☛ **Check your blood pressure.** COVID-19 can increase your blood pressure. Monitor your blood pressure regularly.
- ☛ **Check your blood sugar.** Know your blood glucose level and be prepared to report it to your health care provider. Stress can cause your blood glucose to fluctuate.
- ☛ **Call your health care provider and report:**
  - Your symptoms,
  - Your blood glucose level, and
  - The amount of liquid that you've consumed.
- ☛ **Get tested.** Call your health care provider and discuss whether and where to be tested.

## Focus on Healthy Habits

- **Practice good mental health:** Stay positive and practice calming techniques, such as deep breathing or prayer. Stress can affect your diabetes.
- **Stay connected:** Talk to friends and family through technology like video chat, text message or telephone. Feelings of loneliness can cause stress that can affect your diabetes.
- **Get enough sleep.** Being tired adds stress to your body, causing diabetes management to be difficult.
- **Eat healthy:** Stock up on healthy snacks. When stressed, it is easy to slip into bad habits.
- **Be physically active:** Even if you're stuck in the house, it is important to stay active. You can take walks while maintaining social distancing or do physical activities at home.

## Visit the following websites for more information on diabetes and COVID-19:

Centers for Disease Control and Prevention: [cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#diabetes](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#diabetes)

American Diabetes Association: [diabetes.org/coronavirus-covid-19](https://www.diabetes.org/coronavirus-covid-19)



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