

# Diabetes and COVID-19 Guidance

The best way to prevent COVID-19 is to avoid being exposed.

This disease is spread mainly from person to person who are in close contact (6 feet) through respiratory droplets.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Older adults and people of any age who have serious underlying medical conditions may have a greater risk for serious illness from COVID-19.

## I have diabetes. Am I more likely to get COVID-19?

No. You do, however, have a higher chance of having serious complications from COVID-19. In general, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus because your body's ability to fight off an infection is compromised. However, if your diabetes is **WELL MANAGED**, the risk of getting severely sick from COVID-19 is about the same as the general population.

## Will I have problems getting my insulin and other diabetic supplies because of COVID-19?

American Diabetic Association states that leading manufacturers report that COVID-19 is not having an impact on their manufacturing and distribution capabilities at this time. If you are having difficulties paying for insulin, the American Diabetes Association has resources to help. Visit [InsulinHelp.org](http://InsulinHelp.org) for more information.



## Does it make a difference if I have Type 1 or Type 2 diabetes?

No. What matters is your age, complications and how well you manage your diabetes.



## Do I need to worry about DKA (diabetic ketoacidosis)?

People with diabetes who are sick with a viral infection, do have an increased risk of DKA. DKA makes it challenging to manage your fluid intake. This is important in managing sepsis and septic shock which are some of the more serious complications of COVID-19.

## Given My Diagnosis of Diabetes, How Can I Be Prepared for Social Distancing?

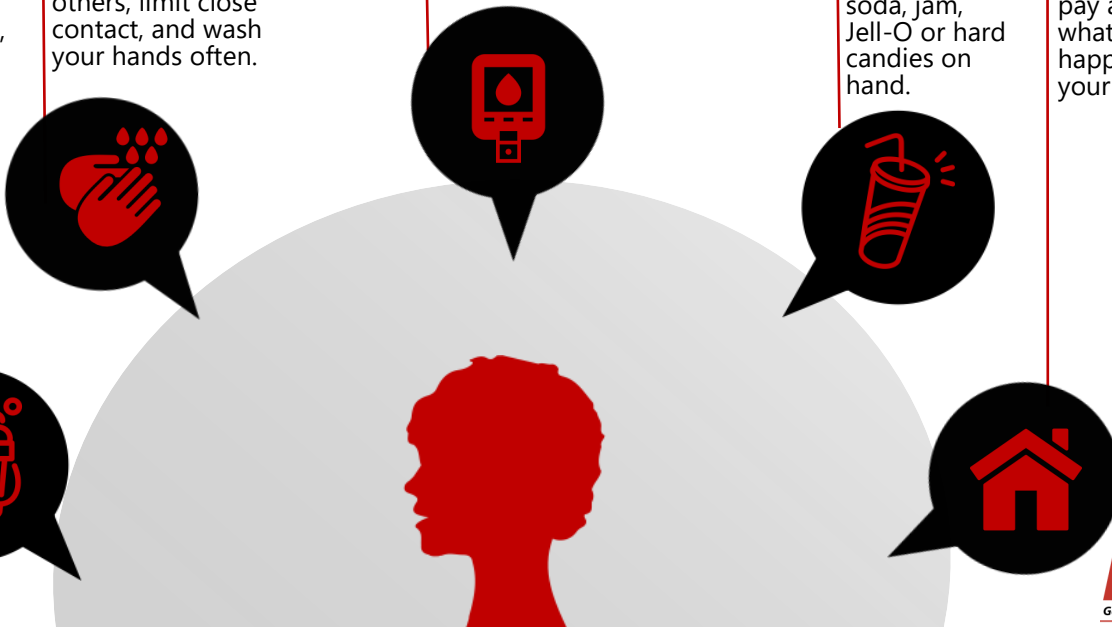
Take actions to reduce your risk of getting sick such as: wash your hands often, cover your mouth with a tissue and throw it away, clean and disinfect frequently touched surfaces daily.

If you go out into the public, keep away from others, limit close contact, and wash your hands often.

Have extra refills of your prescriptions and glucose monitoring supplies.

Don't forget to have simple carbs like soda, jam, Jell-O or hard candies on hand.

Stay at home whenever possible, and pay attention to what is happening in your community.



Sources: [www.cdc.gov](http://www.cdc.gov) and [www.diabetes.org](http://www.diabetes.org)