

STAYING SAFE AM I AT AN INCREASED RISK FOR COVID-19?



As a person with diabetes, am I at risk for severe COVID-19?

Diabetes is a condition associated with increased risk of developing severe COVID-19 symptoms that may require hospitalization and critical care.¹

How can I protect myself against COVID-19 as everything reopens?

The best defense is to try to avoid exposure.¹ The CDC recommends that at-risk populations including patients with diabetes continue to practice social distancing as shelter in place orders are lifted for the general public.²



Stay home as much as possible²

Evaluate whether reasons to leave the house are needs or wants. This also applies to members of your household in close contact with you.²



Keep up your healthcare regimen³

to maintain the best control possible of cardiovascular disease, diabetes, and other illnesses. Uncontrolled diabetes and high Hba1c is associated with higher risk for severe COVID19.⁴



Practice good handwashing techniques

Wash your hands often⁵ and watch videos online of good hand washing techniques.



Consider delivery options for groceries, medication and supplies⁶

through family, social, or commercial networks. Many stores and some pharmacies are now offering delivery.



Contact your doctors for routine care or if you are sick⁶

To reduce risk of exposure, many providers are now offering care in new ways: messages through e-health portals as well as telephone and video conference appointments. Many use robust safety protocols to protect you during in-person visits. Call ahead to learn your options.

Call
911

Seek emergency care for life threatening symptoms⁶

Even in these unprecedented times, symptoms of heart attacks and strokes require immediate care. Seek emergency care for difficulty breathing, chest pain, difficulty speaking, drooping arms or face, also for new confusion, bluish lips/face, or other emergency symptoms. Please tell the operator if you believe the symptoms are related to COVID-19.

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