

*Medically reviewed by
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At this time, there is no clear data that people with diabetes mellitus are more likely to get COVID-19 than the general population. However, people of any age with diabetes are at a greater risk of experiencing serious complications.

To help you, here is information about how to prepare and keep yourself healthy.

- Continue to take your prescribed medications.
- Refill prescriptions and be prepared with medications and testing supplies.

**You may be able to purchase an additional 30-day supply of insulin and other diabetes medications when a state of emergency is declared. Please check with North Carolina State's department of health website.*

- If visiting the pharmacy is not an option, patients should consider medication delivery via mail.
- Stay home as much as possible to reduce your risk of being exposed.
- If you are out in public, avoid crowds and limit close contact with others.
- Avoid non-essential travel.
- Wash your hands with soap and water regularly, for at least 20 seconds, especially before eating or drinking and after using the restroom and blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use an alcohol-based sanitizer with at least 60% alcohol.
- Cover your nose and mouth when coughing or sneezing with a tissue or a flexed elbow, then throw the tissue in the trash.
- Avoid touching your eyes, mouth or nose when possible.

To support advance preparations, go to the American Association of Clinical Endocrinologists' web site at ACE.com and click on the link *My Diabetes Emergency Plan*. It provides resources for health care professionals and patients, including a checklist with essential items those with diabetes need to have readily available.

If You Become Sick:

Contact your provider to discuss the type of appointment option that will best meet your healthcare needs, whether in office or telemedicine. When contacting your provider please make sure to have the following information available:

- Glucose readings (and urine ketones if applicable).
- A record of your fluid consumption.
- Your symptoms.
- Avoid dehydration by drinking small sips of fluid every 15-minutes.
- Check your blood sugar more frequently – every 2-3 hours day and night.
- If you experience low blood sugar below 70 mg/dl (or your target range), take some simple carbs, such as honey, Jell-O, jam, hard candy or popsicle.
- If your blood sugar is too high, use your 'sliding scale' as directed by your provider if you have one. Check for ketones in your urine if you have type 1 diabetes.

If you have symptoms such as fever, cough, shortness of breath or wheezing, especially if you believe you may have been exposed to COVID-19 or live in or have recently traveled to an area with ongoing spread, call the PMC triage line at (910) 235-5941 for further instructions.