

Diabetes Management Resources during COVID-19

To our Community members with diabetes: patients of Mary Washington Endocrinology and Mary Washington Diabetes Self-Management Education and Support Services

The Diabetes Self-Management Program is concerned for your wellbeing and is here to provide facts and resources to keep the local community with diabetes safe and healthy during this time. For any questions or concerns you may have regarding your condition, contact your primary care physician or endocrinologist.

Although diabetes does not pose a greater than normal threat to contracting COVID-19, people with uncontrolled diabetes are more likely to experience severe symptoms and complications when infected. Please take extra measures to put distance between yourself and others to further reduce your risk of being exposed. Please take the following actions to ensure your safety through the course of these events.

Prescription Preparedness

Make sure you are up to date with prescription refills:

- Call your pharmacy to determine when you are eligible to refill your next prescription.
- Keep inventory of your medications. Always have at least enough insulin for the week ahead.
- Some pharmacies and insurers are now allowing earlier refills than usual.
- In attempt to limit exposure, inquire about having your medications delivered with your insurer and/or pharmacy.
- **DO NOT ration insulin or other diabetes medications.** Take all medications as prescribed.
- If you use an insulin pump, have extra batteries available.

Sick Day Kit

Gather the following items to manage yourself in the case you fall ill:

- Phone numbers of your doctors, healthcare team, pharmacy and insurance provider.
 - List of medications and doses.
 - Simple carbohydrates (carbs) like regular soda, honey, and, Jell-O, or popsicles to avoid low blood sugar if feeling too ill to eat.
 - For type 1 diabetes patients only: Glucagon and ketone strips.
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Sick Day Guidelines

- Rest. Stay home, relax and recover.
 - Call your physician to determine if you believe that more, or less medication is needed based on changes in your condition.
 - For type 1 diabetes patients: Check blood sugar often, at least every 4 hours. If blood sugar is over 240mg/d—or approximately 100 points above your typical blood glucose—two times in a row, monitor for ketones.
 - Drink fluids, 1 cup every hour while awake. Avoid caffeine. If blood sugar is over 240mg/dL, drink clear, sugar-free fluids. If blood sugar is under 240mg/dL drink fluids with 10-15 grams of carbs.
If you have been told to limit your fluids due to a heart or kidney conditions, follow your doctor's guidance.
 - Try eating your usual meals or snacks. If you can't, aim for 15 grams of carbs every hour.
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When to Call Your Doctor

- Two or more blood sugar tests in a row over 240mg/dL or approximately 100 points above your typical blood glucose.
 - Two or more blood sugar tests in a row less than 60mg/dL.
 - Sickness or fever over 101.5°F for more than 24 hours.
 - Moderate to large urine ketones, or blood ketones above 0.6.
 - Vomiting for more than 2 hours or diarrhea for 6 or more.
 - Can't keep fluids down, even small sips of clear liquid.
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Resources

Continue to check into the following resources as this situation develops.

Mary Washington Healthcare

marywashingtonhealth.com

American Diabetes Association

diabetes.org/coronavirus-covid-19

CDC

cdc.gov/coronavirus/2019-ncov/index.html

WHO

who.int/emergencies/diseases/novel-coronavirus-2019

JDRF

jdrf.org/coronavirus/



Mary Washington Healthcare

Here for You.

mwhc.com

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ATENCIÓN: Si habla español, tiene a su disposición servicios de asistencia lingüística sin costo alguno. Llame al 540.741.2655.

안내: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 540.741.2655 번으로 전화해 주십시오.