

Diabetes and COVID-19

What you need to know



What is COVID-19?

Coronavirus (COVID-19) is a virus that causes respiratory illness. It can spread from person to person. Common symptoms include:



Fever



Coughing



Shortness of breath

Are you at risk because you have diabetes?

People with diabetes, particularly if not well controlled, may be at increased risk of developing severe illness from COVID-19. If you have other conditions, like heart disease, as well as diabetes you may have more risk of getting seriously sick from COVID-19.



How can you protect yourself?

To protect yourself and stop the spread of infection:



Wash hands often with soap and water for at least 30 seconds



Wash hands before and after checking blood sugar



Avoid touching eyes, nose, and mouth



Clean and disinfect frequently touched surfaces regularly



Stay home as much as possible and avoid crowds



Practice social distancing
Keep a 6-foot distance from others



Wear a face mask when going out or when around others

People with diabetes need to closely follow their diabetes care plan for better blood sugar control

How can you prepare for in case you will get sick?

Gather supplies needed to manage your diabetes:

- Medicine supplies (insulin or GLP-1 pen devices and needles, or tablets)
- Blood sugar testing supplies with strips, lancing device and lancets
- Fast acting carbs to treat low blood sugar (glucose tabs, juice, hard candies)
- Your blood sugar monitoring diary
- Contact details of your doctor in case of emergency



- Extra medicine—during a state of emergency or long period or quarantine, you must have at least 1-2 months of medicine supply
 - If you can't get to a pharmacy, please reach out to our EduCare Hotline for medicine access assistance





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What to do if you get sick?

- Call your health care provider
- Check blood sugar often (every 2-3 hours)
 - Aim for levels between 70-180 mg/dL
 - If low blood sugar (less than 70 mg/dL) eat 15-20 grams of fast acting carbs and re-check blood sugar in 15 minutes, repeat if needed
- Do not stop taking your insulin
 - If you have a fever, insulin needs are usually higher
- Drink lots of fluids to stay hydrated
- Test for ketones every 4 to 6 hours or if blood sugar is higher than 240 mg/dL more than 2 times in a row
 - Symptoms of diabetic ketoacidosis (DKA)
 - High level of ketones
 - Frequent urination
 - Vomiting
 - High blood sugar levels
 - DKA is serious. Contact your health care provider immediately if you have symptoms of DKA
- Treat underlying illness and symptoms as instructed by your health care team. Keep in mind that some over-the-counter cold medicines can affect blood sugar levels
 - Syrups that contain sugar and decongestants can raise blood sugar
 - Tablets that have the same ingredients as syrups may be a better choice



My Doctor

Name _____

Phone number _____

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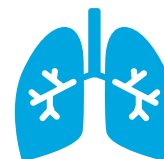
When should you seek immediate medical care?

When developing symptoms of a severe viral infection:

- Trouble breathing
- Persistent pain or pressure in the chest
- Bluish lips or face

When experiencing symptoms of high ketones/DKA:

- Vomiting
- Difficulty breathing
- Fruity odor on breath
- Confusion



For more information:

- <https://healthtoday.ph/diabetes-club/>
- EduCare Hotline: 0916-2367936 or 02-85885400 ext 7128 (Mon-Fri, 8AM-5PM)



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