

Diabetics' Guide In Case of COVID-19 Infection

In any case that you are experiencing any known symptoms of **COVID-19** or are already confirmed to have acquired the virus, **DON'T PANIC** and keep this helpful guide and important reminders in mind.

IN CASE OF INFECTION

1 Call your doctor or nurse for advice. Do not rush to the hospital to avoid transmitting the virus to others.



2 Follow the sick day rules:

a



Keep hydrated. Drink plenty of calorie-free fluids - 120 to 180 ml every half an hour.

b



Monitor your temperature

c



Monitor your blood glucose

d



Follow your healthcare team recommendations

e



Try to eat as normal

f



Weigh yourself every day. Losing weight while eating normally is a sign of high blood glucose

IMPORTANT REMINDERS

1



Have important contact information of your health care provider on hand.

2



Make sure you have enough medication and supplies for monitoring blood glucose at home.

Keep calm and strengthen your defense by following this guide and taking note of these important reminders. By equipping ourselves with the right information and practicing safety precautions, we can