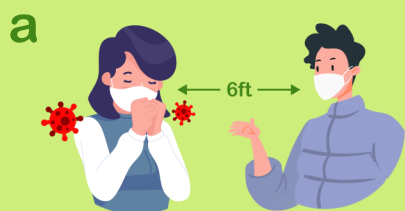


Guide to People with Diabetes in dealing with COVID-19

Older adults and people of any age who have serious underlying medical conditions like Diabetes, particularly if not well controlled, may be at higher risk for severe illness from **COVID-19**, based on the *Center for Disease and Control Prevention (CDC)*.

1 AVOID GETTING INFECTED



Practice social distancing - keep a distance of 6 feet or about two arms' length with people who are ill - particularly those who are coughing or sneezing.



Stay at home as much as possible.



Wash your hands often.



If you get ill with respiratory symptoms, stay at home, notify others, especially your health care provider.



When sneezing and coughing, cover the nose and mouth with a tissue or with the crook of the elbow and dispose of the tissue properly.



Don't share food, tools, glasses and towels.



Avoid unprotected contact with wildlife and farm animals.

2 KEEP YOUR BLOOD SUGAR IN CONTROL



a Watch what you eat. Meal Replacement is a nutritious convenient alternative available if you have difficulty choosing the right kind and amount of food to take.



b Regularly monitor your blood sugar level at home.



c Engage in regular physical activity like the following:

- Two series of 20 jumping jacks
- 15-mins on a stationary bike
- Bodyweight exercises; push-ups, squats, lunges, sit-ups, crunches
- Joint mobility and stretching exercises

Make sure to adapt exercise intensity to individual ability and fitness level to avoid overexertion.

By following this guide - taking the proper precautionary measures, engaging in regular physical activity, adhering to sick day rules, as well as heeding doctor's advice - the effects and risk of **COVID-19** may be greatly reduced for people with diabetes.



<https://www.nestlehealthscience.ph/>

Sources:

- [1] ANIAD, The Italian National Association of Athletes with Diabetes
- [2] CDC, Center for Disease and Control Prevention
- [3] International Diabetes Federation Europe