

Having diabetes means COVID-19 can be more dangerous for you

If you have diabetes, type 1 or type 2, and you get COVID-19, you may have a worse reaction than someone who doesn't have diabetes. We don't know why, because this is still a new disease. You may get sick enough to be admitted to the hospital or may be more likely to die because of COVID-19.

Diabetes causes inflammation in the body and you have a harder time fighting off an infection like the virus that causes COVID-19.

Viruses also cause inflammation, so together diabetes and the virus may cause enough extra inflammation to lead to **very** serious illness. Two examples of that would be having too much acid in your blood or extreme shock from an infection.

How to protect yourself

Diabetes-specific actions

- >> Keep your regular doctor's appointments
- >> Keep your blood sugar at a normal level
- >> Have enough insulin, medication, and supplies for at least a week
- >> Have electrolyte drinks and simple carbohydrates handy
- >> Keep canned and dry healthy foods on hand

General actions

- >> Wear a mask when you are out in public and all the time if someone in your house is sick
- >> Stay at least six feet away from other people and stay home as much as possible
- >> Wash your hands well and often with soap or hand sanitizer, especially if you have been away from home
- >> Don't touch your eyes, nose, or mouth with dirty hands



References

- <http://hopkinsdiabetesinfo.org/faqs-about-diabetes-covid-19/>
- https://phpa.health.maryland.gov/Documents/coronavirus_FAQ.pdf
- <https://www.diabetes.org/covid-19-faq>
- <https://www.heart.org/en/coronavirus/coronavirus-covid-19-resources/what-people-with-diabetes-need-to-know-about-covid-19>
- <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



Keep your regular doctor's appointments



Wear a mask when outside in public

Possible COVID-19 symptoms

Doctors are still learning about COVID-19 symptoms and how the disease affects our bodies. This list has common symptoms. Call your doctor or local health department if you develop any of these symptoms.

- >> Fever or chills
- >> Cough or difficulty breathing
- >> Tiredness
- >> Muscle or body aches
- >> Headache
- >> New loss of smell or taste
- >> Sore throat
- >> Runny nose or congestion
- >> Vomiting or feeling sick to your stomach
- >> Diarrhea