

# THINGS TO DO DURING THE COVID-19 CRISIS IF YOU HAVE DIABETES

People with diabetes experiencing homelessness have a high risk for severe illness during the coronavirus (COVID-19) outbreak; here are some tips to help you.

## HOW TO AVOID COVID-19



- Avoid close contact with people. Keep a distance of at least 6 feet away from people. This is called "social distancing." Avoid close contact with people who are sick.
- If you feel sick, stay away from people.
- If staying in an encampment set up your tent/sleeping quarters with at least 12 feet x 12 feet of space between you and the next person.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into the corner of your elbow covering your mouth. Wash your hands often with soap and water. If you do not have water, use a hand sanitizer with at least 60% alcohol.

## HOW DO I PREPARE?

1. Talk with your health care provider and make a plan before you get sick:

- Make sure you know who and how to call if you are feeling ill.
- Discuss how to keep your blood sugar well controlled.
- Ask about adjusting your medication if you are not able to eat meals often.
- Ask for a machine to test your blood sugar, and how to use it, if needed.
- If you have a safe place to keep your diabetes medication, ask for extra refills.

2. Try to keep a safe supply of food and drinking water. Eat three meals/day if you can. Keep jellybeans, soda or hard candy with you in case your blood sugar gets low.

3. Find a friend or family member to check-in with daily about how you're feeling. Do this by phone, text, Facebook, or in-person but from a safe, 6 feet or more, distance.

## HOW DO I KNOW IF I HAVE COVID-19?

You may have the following signs if you have the virus:

- Fever (you may have chills, night sweats, or the shivers). – If you can get a thermometer, this would be helpful.
- Dry cough
- Hard time breathing
- Headache
- Feeling tired
- Body aches



## WHAT TO DO IF I FEEL SICK?



**ASK** - Call your health center and ask them if you need to get tested and where you can get tested for the virus. Also ask your health care provider where to find a space to safely isolate and recuperate. Call the hospital if you cannot get in touch with the clinic.



**BLOOD SUGAR** - If possible, test your blood sugar. If you have the virus, your blood sugar may be high even if you are not eating regularly. If your blood sugar is low, eat jellybeans or hard candy and re-check your blood sugar in 15 minutes. For most people low blood sugar is below **60 mg/dl** and high blood sugar is above **240 mg/dl**. Ask the advice of your medical provider to know what low/high blood sugar limits are best for you.



**CHECK** - If you get tested, please leave a phone number where the clinic can give you the results. If you don't have a phone, or you are out of minutes ask a friend if you can use their phone. Check in with the clinic one -two days to know the results. **THIS IS VERY IMPORTANT.**



**DRINK**- Get plenty of water and eat food if possible. Ask if any food pantries are delivering food or if food boxes are available.

## WHEN TO GET HELP FAST

Go immediately to a clinic or the ER if you have any of these symptoms:

- If you are confused.
- Have a persistent or worsening cough.
- Shortness of breath at rest, cannot complete sentences due to difficulty breathing.
- Have any blue tinge to their lips or face.
- Very low or very high blood sugar not responding to treatment.

## SPECIAL INSTRUCTIONS FOR YOU TO FOLLOW:

Add health center specific information here-

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