

QUESTIONS AND ANSWERS ON COVID-19 AND DIABETES

Questions	Answers
<p>What to do to prevent getting COVID-19</p>	<ul style="list-style-type: none"> • Wear a face mask and avoid touching the face • Maintain hand hygiene and wash hands with soap and water frequently. Alcohol-based hand sanitizers can be used when it is not feasible to wash hands with soap and water • Refrain from having physical contact with people (such as shaking hands, hugging or kissing). • Strictly avoid contact with someone who is displaying symptoms of coronavirus (COVID-19) – high temperature and/or new and continuous cough • Do not attend any gatherings (including gatherings of friends and families in private spaces for example family homes, weddings and religious services) • Anyone with a cold should use face mask to prevent others from getting infected. • Request family and friends who are sick or could be sick to kindly avoid visiting. • Wear a face mask for protection if leaving the house to areas with crowds is inevitable. Home-made masks are fine
<p>Does Diabetes make someone vulnerable to getting COVID-19</p>	<ul style="list-style-type: none"> • People with Diabetes are not more likely to get the virus compared to the general public. • However, if they contact CoVID-19, people with diabetes are more likely to have serious complications and become seriously ill from COVID-19, than those who do not have diabetes. • If a person with diabetes gets COVID 19, he is more vulnerable to severe form of COVID-19 and is more likely to die than those without diabetes.
<p>How can someone prepare during COVID-19 pandemic?</p>	<ul style="list-style-type: none"> • Strictly follow all the recommendations to maximize protection from getting infection. • Planning for essentials like food, water and medicines is critical. • Ensure that the stock of medications for diabetes control and for any other comorbidity, is adequate to last for at least 90 days • Be physically active every day. • Have cleaning supplies in your home (soap, disinfectants, hand sanitizer). • Identify nearby health facilities that are operational and have the contact phone number of health care provider in case of emergency
<p>What to do in case of an illness during COVID-19 outbreak?</p>	<ul style="list-style-type: none"> • Call a healthcare provider to have the illness assessed. • The health provider will advise on what to do in case the situation is assessed not to require health facility visit” • Drink lots of water. Staying well hydrated is critical. Take small sips every 15 minutes or so throughout the day to avoid dehydration.

	<ul style="list-style-type: none"> • Wash hands frequently with soap and water or use alcohol-based hand rub if available. • Do not be afraid to seek care if feeling unwell. Most hospitals and clinics have set up mechanisms of protecting people from getting infected by the coronavirus. It is important to get help if sick.
<p>Should someone still go to the doctor for regularly scheduled visits?</p>	<ul style="list-style-type: none"> • It is important to keep regularly scheduled health provider visits. • Many clinics have established ways to talk to the health provider on the phone without having to physically go to the clinic. This prevents potential exposure to the coronavirus. • People with diabetes should regularly examine their feet for any skin abnormalities such as ulcers or signs of infection. In case they are unable to, they could have someone living with them do it.
<p>What a diabetic should know about adherence to medications during the COVID-19 pandemic?</p>	<ul style="list-style-type: none"> • Do not start or stop any medication without first talking to the health care provider. • The most important thing is to take medications regularly as prescribed. This will help to keep the blood sugar under good control. • At this time there is no evidence that any medications should be stopped if symptoms of COVID-19 develops.
<p>What to do if there is a feeling of stress or anxiety?</p>	<ul style="list-style-type: none"> • These are trying times that can be very stressful. Many individuals with chronic disease already have a lot on their mind and may have underlying depression and/or anxiety. The COVID-19 pandemic can make things more difficult. Know that you are not alone. • Be sure to find ways of taking a break from coronavirus news, this provides you with the space to think about your wellbeing. • Stay connected to friends and family. Call friends and family members regularly to maintain social connectedness. • Find things that help relax, such as reading, listening to music, or walking. • If things become too much, and there is a feeling of being overwhelmed leading to anxiety or depression, reach out for help: Call family, friends or seek professional help.