

# Diabetes

## Self-Management during the Pandemic



People with diabetes are at a higher-risk, meaning they are more likely to get serious illness during the coronavirus (COVID-19) outbreak.



### What we know

- Coronavirus, like other viruses, can cause serious complications for people with chronic conditions, such as diabetes.
- When you get a virus, it can cause you to have high blood sugars.
- Constant high blood sugars can affect your immune system, and increase your risk of fatal outcomes due to infection.



### Take steps to be prepared before getting sick

- **Stay home and isolate yourself.**
- **Practice "sick day rules:"** Continue taking your diabetes medicine as usual, test your blood sugar every 4 hours, drink plenty of fluid (4-6 ounces every half hour to prevent dehydration), and check your temperature every morning and evening. A fever may indicate infection.

### 6 STEPS TO PREVENT ILLNESS



Wash hands for at least 20 seconds



Avoid close contact



Stay home if you're sick



Cover coughs and sneezes



Wear a face mask if you are sick



Clean and disinfect

Find more information, visit [CDC.gov](https://www.cdc.gov)

- **Monitor your blood sugar:** Fasting blood sugar should be **80-130**. Two hours after the start of a meal, blood sugars should be less than 180.
  - **Medication management.** Try to get refills for 90 days.
  - **If you are on insulin,** also monitor your ketone bodies: If your blood sugar has registered high (BG greater than 240mg/dl) more than 2 times in a row, check for ketones to avoid DKA. Call your doctor's office immediately if you have medium or large ketones (and if instructed to with trace or small ketones).
  - **Stay in touch with your doctor.**
  - **Keep a log:** Record your blood sugar, temperature & weight daily.
- \* In all cases follow the guidance of your healthcare provider

## Stay fit

- Go out for a walk or jog around your neighborhood.
- Try a home workout on a phone application or YouTube for some cardio, yoga, or body strengthening exercises.
- Research shows that physical activity can boost energy, mood, and reduce stress which in turn may reduce your chances of stress eating.



- For adults with diabetes, you should get 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of aerobic moderate-intensity physical activity.

## Foods to have during quarantine

Stock up on food for 2-3 weeks, including non-perishable items like canned goods. Always make sure to have fresh water and medicine.

### Carbohydrates

During digestion, carbohydrates break down into blood glucose. Be mindful of your carbohydrate intake.

- Fruits (1/2 banana, small apple, 3/4 cup berries)
- Whole grains (1 slice of bread, 1/2 cup oatmeal, 1/3 cup rice or pasta)
- Starchy vegetables (1/2 cup legumes, such as beans or peas)
- Low-fat dairy products (1/2 cup milk or 1 cup yogurt)

### Non starchy vegetables (2-3 servings/day):

- Cucumbers
- Broccoli
- Asparagus
- Spinach
- Bell peppers

### Protein

- Canned meat
- Fish (salmon, tuna, halibut)
- Chicken
- Tuna
- Turkey
- Tofu
- Lean beef
- Egg whites

### Healthy fats

Foods containing healthy fats are also important, such as:

- Seeds (flax seeds, sesame seeds, pumpkin)
- seeds, chia seeds
- Nut Butters
- Avocados
- Nuts
- Canola, olive oil, peanut oil, avocado oil

For more information, please email us at [MemberHealthEd@RegalMed.com](mailto:MemberHealthEd@RegalMed.com).

The contents provided are for informational purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please consult with your physician or other qualified health provider prior to changing your diet, starting an exercise regimen, or with any questions that you may have about your health or medical condition.

References: • **Centers for Disease Control Prevention:** <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warning-signs> • **American Diabetes Association:** <https://www.diabetes.org/covid-19-faq> • **International Diabetes Federation:** <https://www.idf.org/our-network/regions-members/europe/europe-news/196-information-on-corona-virus-disease-2019-covid-19-outbreak-and-guidance-for-people-with> • **Association of Diabetes Care and Education Specialist:** <https://www.diabeteseducator.org/practice/practice-tools/app-resources/covid-19-information>