



Your personal guide book for

# **STAYING HEALTHY WITH DIABETES DURING COVID-19 OUTBREAK**

Based on COVID-19 guidance for diabetes patients from American Diabetes Association\*. In accordance with CHC, WHO guidelines, March 2020.

**MARCH 2020  
A SANOFI INSULIN INITIATIVE**

This guidebook only contains common tips, which may vary for each person. Consult your doctor before you follow any advice.

Reference: Adapted from COVID-19 (Coronavirus) guidelines from American Diabetes Association.  
<https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus> (Accessed on March 20, 2020)

# DON'T PANIC

## Simple measures can help you stay healthy with diabetes during this COVID-19 outbreak



Here are few things you need to know about diabetes and the related risks with COVID-19 and how to take care of yourself during these times

**BASED ON THE GUIDELINES FROM ADA, CHC, WHO.**

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# BASICS FIRST

## DOES DIABETES INCREASE MY RISK WITH COVID-19 ?

People with diabetes do not have a greater chance of contracting the virus.

However, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus.

More important is that people with diabetes vary in their age, complications and how well they have been managing their diabetes. People who already have diabetes-related health problems are likely to have worse outcomes if they contract COVID-19 than people with diabetes who are otherwise healthy, whichever type of diabetes they have.

**So its best to take simple everyday measures to stay healthy and manage your diabetes well during the COVID-19 outbreak.**

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# SYMPTOMS TO WATCH

**IF YOU HAVE DIABETES,  
WATCH OUT FOR ...**



**NEW CONTINUOUS COUGH**



**COLD OR SORE THROAT**



**HIGH TEMPERATURE**

**BASED ON THE GUIDELINES FROM ADA, CHC, WHO.**

**Due to the COVID-19 pandemic, take extra measures to put distance between yourself and other people to further reduce risk of being exposed to this new virus.**



**STAY AT HOME**



No matter what, try to stay safe and follow guidance from your physician and authorities

**BASED ON THE GUIDELINES FROM ADA, CHC, WHO.**

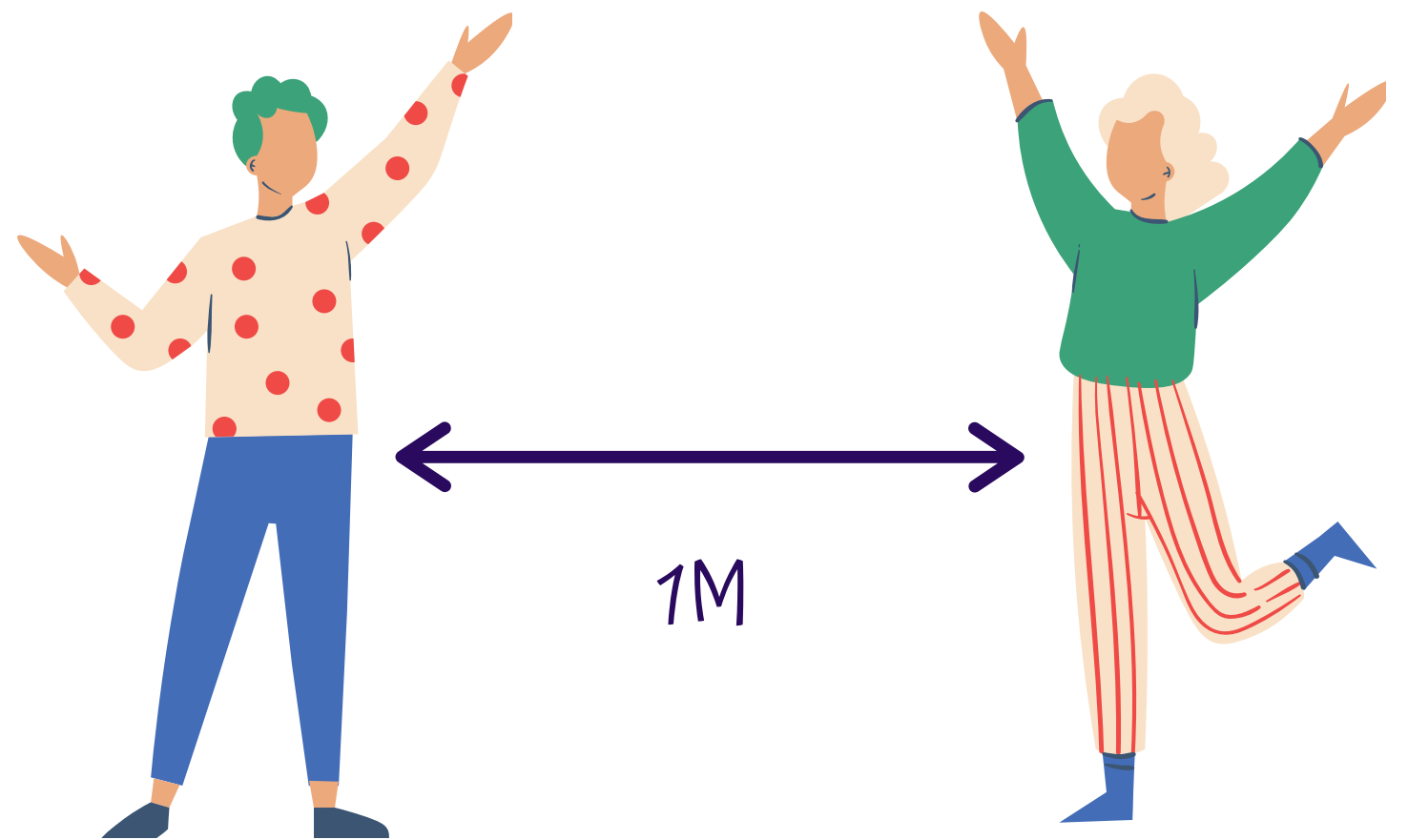


# STAY SAFE



## WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



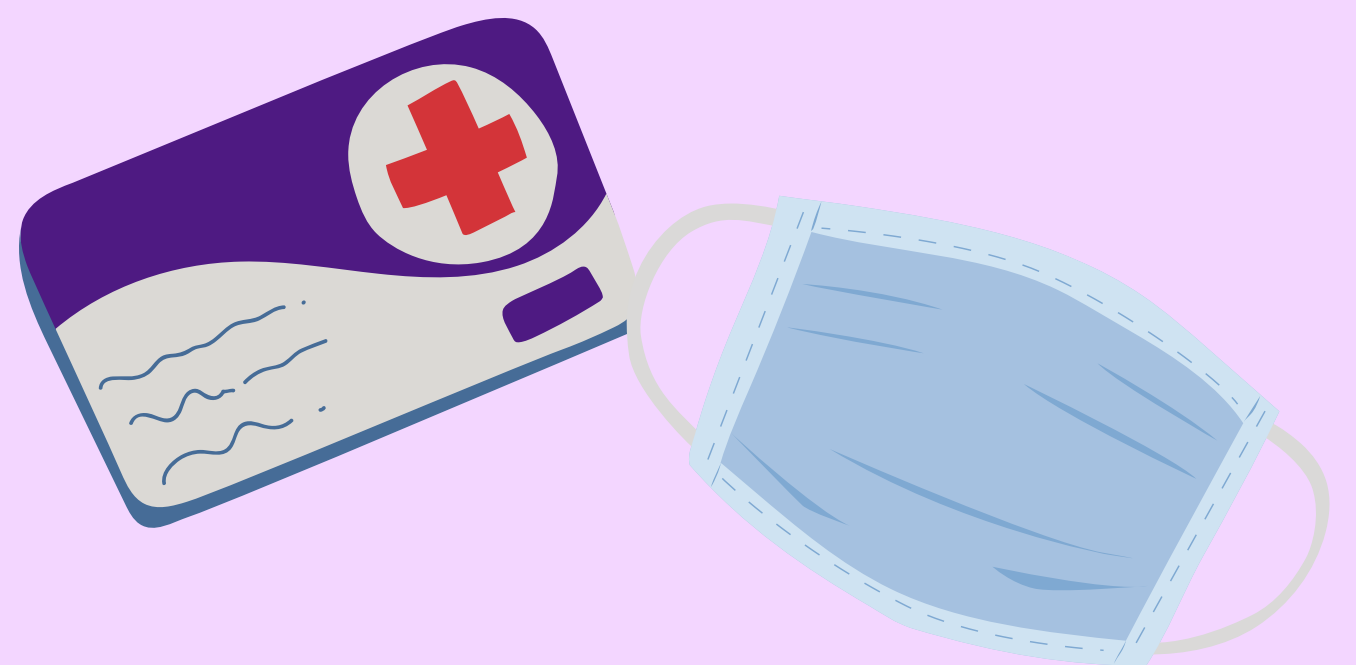
## MAINTAIN SOCIAL DISTANCING

Maintain at least 1 metre distance between yourself and anyone who is coughing or sneezing.



## AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



## IF YOU HAVE A FEVER, COUGH AND DIFFICULTY IN BREATHING SEEK MEDICAL CARE EARLY

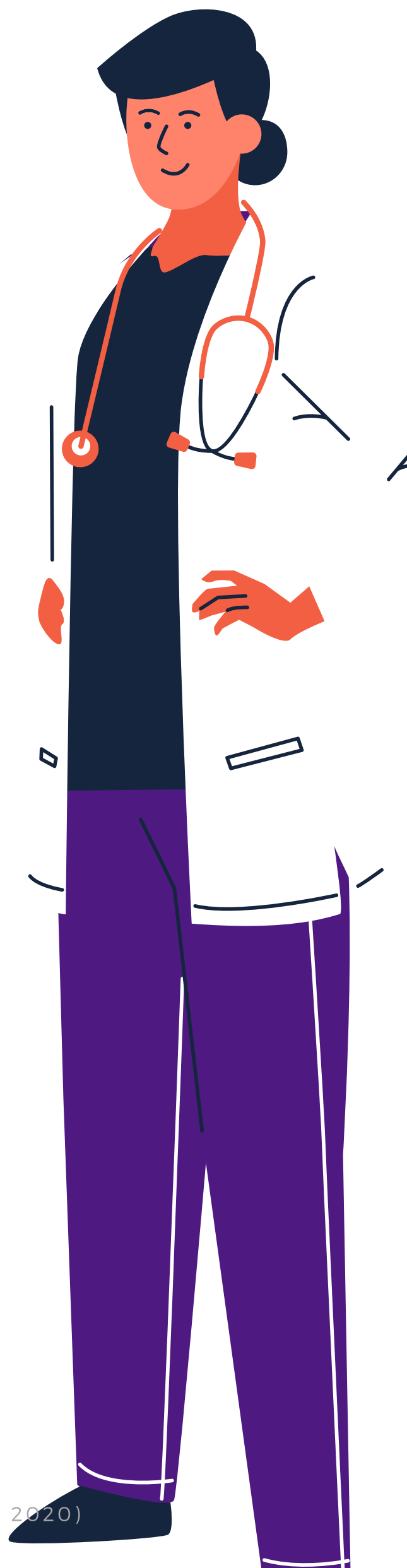
Stay home if you feel unwell. If you have a fever, cough and difficulty in breathing, cover your nose and mouth when you cough/sneeze and seek medical attention

# TALK TO YOUR DOCTOR



## BEFORE TAKING ACTION, ASK YOUR DOCTOR ABOUT

- ▶ **When to call your doctor**
- ▶ **How often should you check your blood sugar**
- ▶ **Medications you should use for common cold, flu, viral infections etc**
- ▶ **Any changes in your diabetes medication ?**



# STAY PREPARED

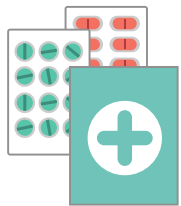
## MAKE A PLAN AND GATHER YOUR ESSENTIAL SUPPLIES



Keep **phone numbers of your doctor**, your pharmacy and your insurance provider



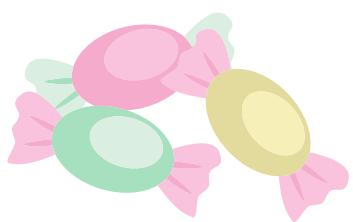
**List of your current medications and doses** (including vitamins and supplements)



- Always **have enough stock of insulin** for the week ahead, in case you get sick or cannot refill
- Keep **glucose test strips in stock** to measure your blood glucose in case of highs and lows



If you can't get to the pharmacy, find out about having your **medications delivered**



**Simple carbs** like regular soda, honey, jam, hard candies or popsicles to help keep your blood sugar up if you are at risk for lows and too ill to eat



**BASED ON THE GUIDELINES FROM CDC, WHO AND ADA.**

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Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because your body's ability to fight off an infection is already compromised. Talk to your health care provider about the flu vaccination.



## REMEMBER

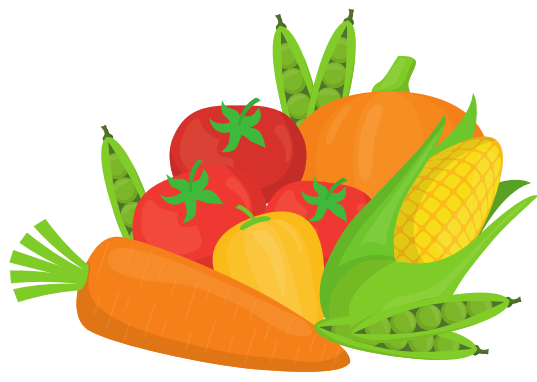
**Managing your diabetes well can help you reduce the risk of diabetes related complications**

**BASED ON THE GUIDELINES FROM CDC, WHO AND ADA.**

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# MANAGING DIABETES AT HOME DURING COVID-19



Maintain a healthy diet with whole grains, fruits and vegetables. Eat in small portions and regular intervals to avoid blood sugar highs and lows



Don't let staying at home stop you from exercising regularly. Try simple exercises at home like Yoga to keep yourself active



Make sure you don't miss your insulin doses. Take the recommended dose as per your physician's advice. Talk to your physician if you need to change your dose

**TALK TO YOUR PHYSICIAN FOR RECOMMENDED DIET,  
EXERCISE AND DOSE THAT IS RIGHT FOR YOU**

**BASED ON THE GUIDELINES FROM CDC, WHO AND ADA.**

# KNOW WHAT TO DO IF YOU FEEL SICK

**Pay attention for potential COVID-19 symptoms including fever, dry cough and shortness of breath. If you feel like you are developing symptoms, call your doctor.**



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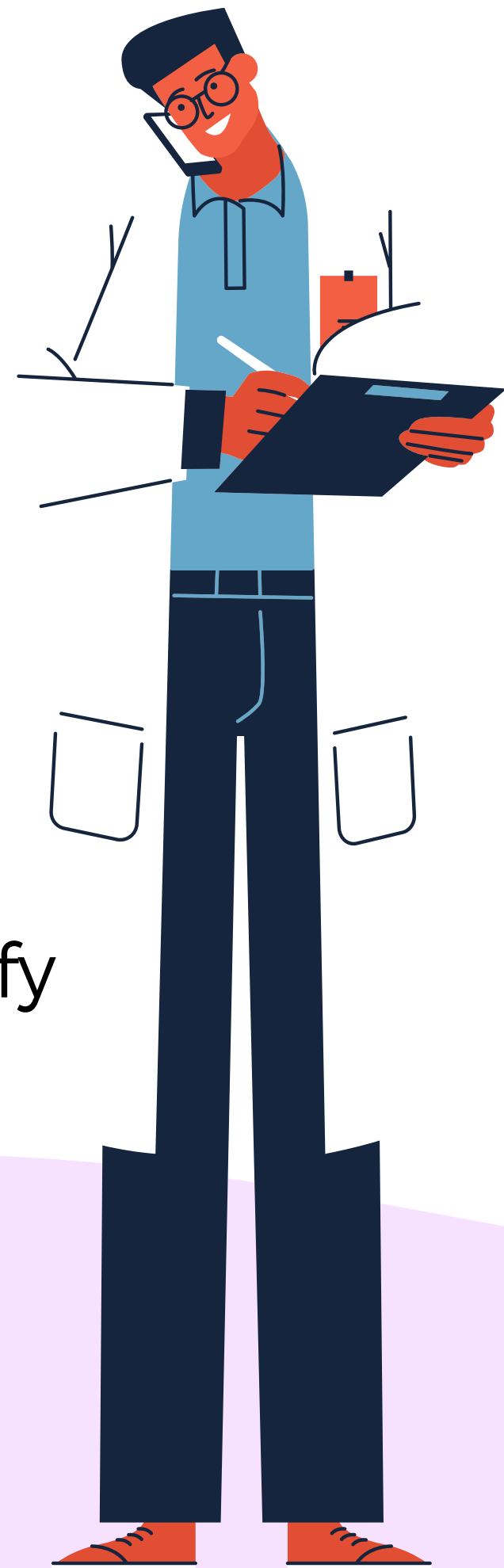
# IF YOU DEVELOP SYMPTOMS ...

If you develop emergency warning symptoms for COVID-19 get medical attention immediately. In adults, emergency warning symptoms include:

- Difficulty in breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

## When you call:

- Have your most recent glucose reading available
- Keep track of your fluid consumption (you can use a 1-liter water bottle) and report
- Be clear on your description of symptoms (for example: are you nauseated? Just a stuffy nose?)
- Ask your questions on how to manage your diabetes



**BASED ON THE GUIDELINES FROM CDC, WHO AND ADA.**

# IF YOU GET SICK, KNOW WHAT TO DO..



**Drink lots of fluids.** If you're having trouble drinking water, have small sips every 15 minutes or so throughout the day to avoid dehydration.

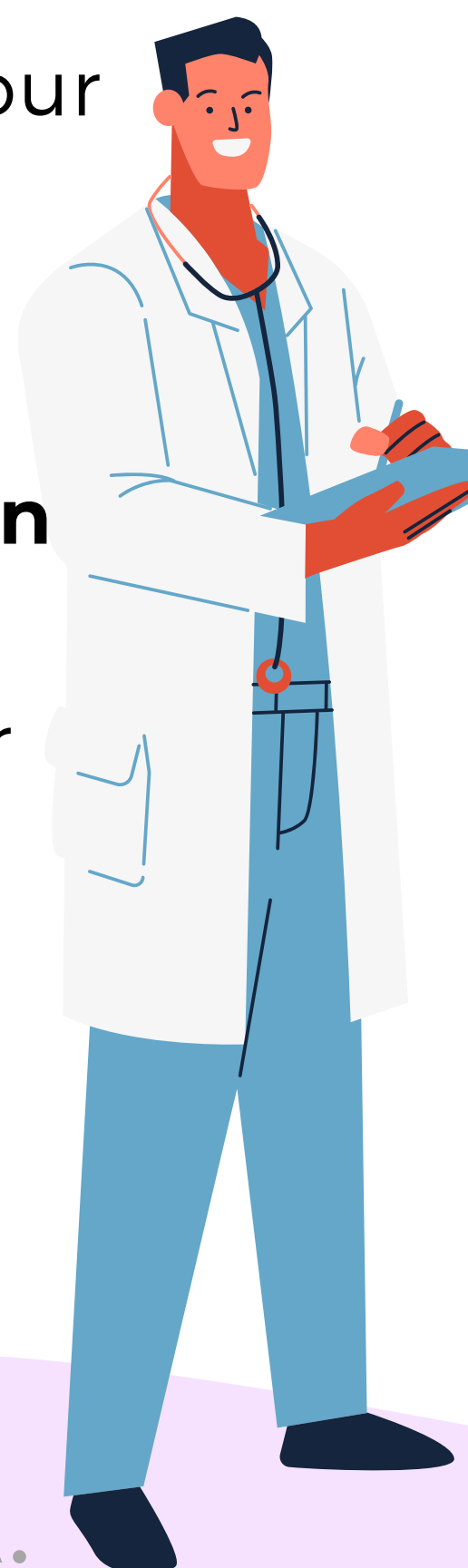


**Check your blood glucose** extra times throughout the day and night (ask your doctor for guidance).

- **If you are experiencing a low blood glucose below 3.9 mmol/L** (or your specified low blood glucose level), eat 15 grams of simple carbs that are easy to digest like honey, jam, hard candy, popsicles, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure your levels are rising.
- **If your blood glucose is high (BG greater than 13 mmol/L)** more than 2 times in a row, check with your doctor about suitable modification for your current medication/dose



**Wash your hands and clean your injection/infusion and finger-stick sites** with soap and water or rubbing alcohol



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**Issued in public interest by Sanofi South Africa**



**CORONAVIRUS (COVID-19) 24-HOUR HOTLINE NUMBER:  
0800 029 999**



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sanofi-aventis south africa (pty) ltd., Reg. no.: 1996/010381/07, 2 Bond Street, Grand Central Ext.1, Midrand, 1685.  
Tel: (011) 256 3700. [www.sanofi-aventis.com](http://www.sanofi-aventis.com).

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