



NCARF

DIABETES DURING COVID-19

GUIDELINES FOR
PATIENTS WITH
DIABETES



Diabetes mellitus and Corona virus

People with type 1 or type 2 diabetes are not in high risk of contracting Covid-19 except if you are :

1. Age more than 60
2. Poor Glucose Control
3. Presence of conditions like hypertension, coronary artery disease, chronic kidney disease or chronic obstructive airway disease.



Blood Glucose Control Targets

1. **Fasting/premeal -> 80-130mg/dl**
2. **2 hrs after food -> less than 180mg/dl**
3. **Avoid hypoglycemia -> less than 70mg/dl**

If you happen to develop Covid-19, it is essential to keep your glucose levels under tight control to avoid severe complications.



Steps to follow in case Covid-19 infection

Type 2 diabetes

Monitor glucose level daily, see where you fit and take the appropriate action :

If you have :

- 1. mild symptoms of Covid-19**
- 2. Meet blood glucose targets**
- 3. Eating and drinking well**

Then

Continue Oral Glucose Lowering Drugs

If you have :

- 1. moderate/severe symptoms of Covid-19**
- 2. Not meet blood glucose targets**
- 3. Poor appetite / vomitting**

Then

Continue Oral Glucose Lowering Drugs



Steps to follow in case Covid-19 infection

Type 1 diabetes

Patients are at increased risk of wide fluctuations of blood glucose and diabetic ketoacidosis during infection.

You need to keep yourself well hydrated with water and maintain blood glucose level strictly.



Red Flag for Diabetic Patient

1. **Feeling unwell**
2. **Glucose level above
250mg/dl(mostly)**
3. **Urine ketones positive**
4. **Have vomitting / poor
appetite**
5. **Abdominal Pain ot not able
to tolerate food**
6. **Feeling light headed**
7. **Difficulty Breathing**

**Urgent Hospital Attention
Required**



Change in medications?

All medications for Blood Glucose, Blood Pressure or Cholesterol must be continued and should not be discontinued without discussing with your Doctor.

Monitor Blood pressure at home and aim for blood pressure below 140/80mm Hg.



Exercises for All

Upper Body : lifting 1ltr bottle filled with water from the level of ear to a maximum individual can or doing biceps curls (weight clasped in hand with knuckles facing upward and then the elbow joint is fully flexed

Back : sitting in a chair and bending forward trying to touch your feet.

Abdomen : crunches (lying with knees bend and trying to lift head,keeping hands behing your neck)

Even standing up and sitting down from a chair is an option for older people.



Exercises for more young and fit people

Jumping Jacks (on-site jumps with synchronized leg and arm spreading and closing)

Classical Squats : patient lowers his or her hips from a standing position and then stands back up.

Walk up and down 8 sets of stairs for atleast 6 floors (for people in flat)

Jump ropes



Care with food during Covid-19

Follow healthy diet patterns
advised by doctors and
dietitians.

Unproven remedies circulated
in social media that claims to
improve immunity like honey,
lemon and baking soda may
be detrimental for some
people with diabetes. Discuss
with your doctors before use.



Stay Healthy

Stay Alert

Stay Safe

Information obtained from 'Covid-19 :
Managing Diabetes, Patient Guidelines',
published by PACE

Network Cancer Aid and Research Foundation