

MANAGING DIABETES DURING CORONAVIRUS



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



As restrictions start to change in different ways around the UK, you might be feeling anxious about whether it's safe to go out if you have diabetes.

The situation with coronavirus is changing all the time but we are working hard to keep you up to date with all that's going on. You can read about all the latest guidance at www.diabetes.org.uk/coronavirus-updates or call our helpline for more advice.

Whether you have diabetes yourself or are supporting someone who does, we are here to help. Here are some tips to help you stay well.

Staying active

Staying active is so beneficial if you have diabetes, or if you're at risk of type 2 diabetes, and it can also boost your mental health.

You could try walking on the spot during an advert break or hoovering the whole house. Or if you're feeling up for it, you could go for a walk outside. If you're worried about going out though, it's OK to take it slowly and do what you feel comfortable with.

If you need it, you should take your diabetes kit and hypo treatment with you when you go out.

It's important to remember that people with diabetes are no more likely to catch coronavirus than people who don't have diabetes.

Although you're more at risk of developing severe illness if you do catch coronavirus, most people with diabetes will only have mild symptoms and will not need to go to hospital.

Eating well

We know that many people with diabetes are still worried about getting access to the right foods.

Don't worry if you're having to eat a bit differently at the moment. It could be a good opportunity to try something new.

If you're worried about going to the supermarket, you could try doing your shopping during quieter hours, which many shops are still implementing for people who are more vulnerable. You could also look at getting your shopping delivered to your home, or asking a friend or family member to help.

If you do decide to go shopping, you can keep yourself safe by staying at least one metre away from others, wearing a face covering and washing your hands or using hand sanitiser when you leave the shop.

Routine health checks

Keeping a look out for any problems and talking to your care team early on is really important if you have diabetes, especially at the moment when you may not be having all of your regular checks.

Many of your routine appointments, like foot and eye checks, will have been cancelled, but you will be able to start rescheduling these appointments soon.

In the meantime, continue to check your feet every day for any cuts, blisters, or changes in your skin. Try using a mirror or asking someone else to help you if you struggle to reach down and check.

If you see anything that you're concerned about, or if you develop any other problems that worry you, speak to your GP as soon as possible.

Your practice is still there to help even if you are accessing appointments in different ways at the moment.

Connecting with others

You might be feeling isolated, lonely or worried about coronavirus, especially as rules about lockdown restrictions are starting to change.

It's important to remember that you can still connect with friends and family even if you can't physically see them. There are lots of ways you can do this still, like video-calling a relative or writing a letter to your neighbour.

Staying in touch with others will help you feel more connected and relieve some of the mental pressures of managing diabetes during this time.



Get in touch

We're here to help with any questions or concerns you have during this time. Call our helpline on **0345 123 2399**, **Monday to Friday, 9am to 6pm.**

You can also connect with other people with diabetes on our forum **www.diabetes.org.uk/forum-coronavirus**

Visit our website for the latest information on coronavirus **www.diabetes.org.uk/coronavirus-updates**

Or for more ways to get in touch, visit **www.diabetes.org.uk/contact-coronavirus**