

HOW PEOPLE WITH DIABETES CAN REDUCE RISK OF COVID-19 INFECTION

People with pre-existing non-communicable diseases including diabetes appear to be more vulnerable to becoming severely ill with COVID-19. A healthy lifestyle will make all bodily functions work better, including immunity. Eating healthy diets, with plenty of fruit and vegetables, keeping physically active, quitting smoking, limiting or avoiding alcohol intake, and getting enough sleep are key components of a healthy lifestyle.*

- **Control your diabetes well**
- **Monitor your blood sugar and blood pressure as advised by your health care provider, and keep records**
- **Take your medications regularly**
- **Ensure you have adequate quantities of medications and other supplies**
- **Practice social distancing, and follow guidelines regarding face masks, hand washing and personal hygiene**
- **Avoid unnecessary visit to clinics - ask your doctor if you can seek advice over the phone or internet**
- **At the earliest sign of ill health - fever, cough, cold, loss of smell or taste, tiredness or difficulty in breathing - contact the relevant health care provider**
- **Let health care providers know that you have diabetes and let them see the medications you are taking as well as your health records**

