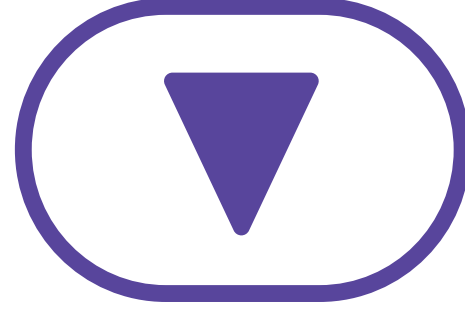
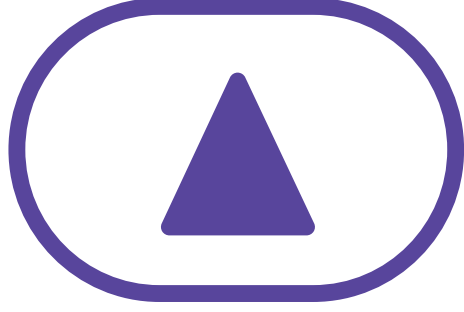




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# IMPORTANT GUIDELINES

for Diabetic Patients during  
the Coronavirus Pandemic  
(COVID-19)



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## INTRODUCTION

This guide is important for diabetic patients during the Coronavirus pandemic (Covid-19). Through this guide, we provide several guidelines, which include infection prevention measures, necessary precautions, and important tips to identify and control any symptoms that require going to the emergency room (ER).

Help us share it with diabetic patients and those who are taking care of someone with diabetes at home.

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# COVID-19

## Prevention Measures



**Wash your hands regularly with soap and water**, or clean them with alcohol-based hand rub



**Cover your mouth and nose** when coughing or sneezing



**Wear cloth mask**



**Ensure safe distance**



**Stay home**



**Do not touch contaminated surfaces**



**Refrain from touching eyes, nose or mouth**



**Eat healthy**

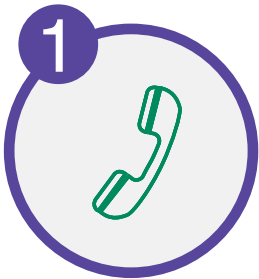


**Avoid contact with anyone showing symptoms of respiratory illnesses**

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# COVID-19 Precautions for diabetic patients



Every diabetic **must have** all the essential contact numbers:

- **Their doctor's phone number** for any necessary communications
- **937** (the MOH Emergency Call Centre)



Patients **must have** the following at hand:

- **All necessary tools for measuring blood sugar levels** including, measuring devices, test strips, etc., must be available and stored properly.
- Enough of their **medication must be** available and stored properly.



Patients should **regularly test** their blood sugar levels and check the results.



**Follow a healthy diet** as per the instructions of their health care team.

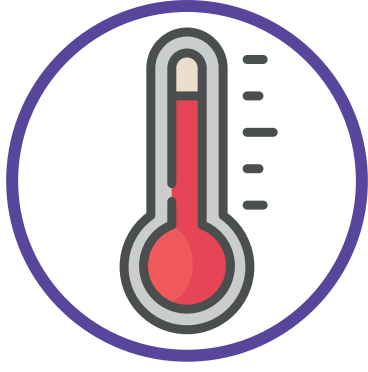


**Exercise** moderately at home to control blood sugar levels

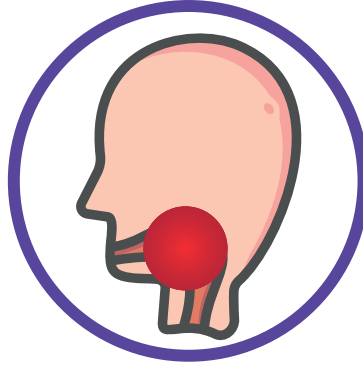


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**When you feel any of  
the following symptoms:**



**Fever**



**Cough**



**Difficulty  
breathing**



**Stay Home**



**Call 937**

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## TIPS

for diabetic patients infected with COVID-19:



**Drink liquids constantly** to avoid dehydration, especially if your blood sugar levels are high and accompanied by frequent trips to the restroom.



**Monitor your blood sugar levels** and check it every four hours to control and keep your blood sugar levels in the target range.



**Never stop taking long-acting insulin**, and in case of frequent low blood sugar episodes, the patient may decrease the insulin dose by 10%, as per the doctor's advice.

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## When should a diabetic patient go to the ER?

If any of the following signs appear:

1

**Coma or seizure** due to low blood sugar level

2

**Symptoms of diabetic ketoacidosis** (abdominal pain, nausea, vomiting, unconsciousness, smell of acetone in the breath)

3

**Symptoms** such as numbness or weakness on one side of the body such as the face and arm, confusion or difficulty speaking, difficulty seeing - difficulty walking and loss of balance.

4

**Foot wounds and discoloration**

5

**Sudden blurred vision or sudden loss of vision**

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## FAQS

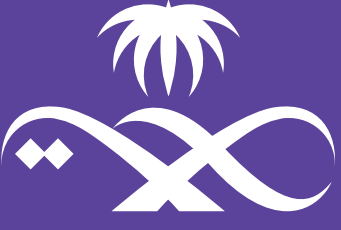
Are diabetic patients more likely to experience more severe symptoms than others when infected with COVID-19, and why?

Studies show that when people with diabetes are infected with COVID-19, complications multiply more than they do with normal people. Patients who do not manage their blood sugar levels experience more severe complications and symptoms than those who do manage them; the reason for this is that the high fluctuating blood sugar weakens the immune system and makes it unable to fight off all types of viral infections.

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