

# COVID-19 and diabetes

Focus on things you can control:

- 1** Have emergency contact numbers readily available.
- 2** Know your diabetes sick day management plan.
- 3** Do your best to manage your blood glucose levels.
- 4** Seek medical attention if you become unwell (fever, cough, difficulty breathing or high blood glucose levels).
- 5** Maintain healthy eating.
- 6** Maintain physical activity.
- 7** Sleep well.
- 8** Take care of your emotional well-being; talk to your friends and family.
- 9** Get the flu vaccine.