

Summary of coronavirus (COVID-19) for new Type 2 diabetes

The diabetes education programme has produced this leaflet to summarise the national advice on diabetes and coronavirus (COVID-19) at the time of publication (14 April 2020). This will be subject to change*.

If you are a patient, carer or staff member with a query for a Diabetes Specialist Nurse, please contact the Dorset diabetes helpline on **01305 363057** or email dhc.dsn@nhs.net

Everyone must now stay at home except in exceptional circumstances. This includes people with diabetes. You can leave your home for:

1. Basic necessities, like food and medicine
2. Exercise once a day
3. Any medical need or to care for a vulnerable person
4. Going to and from work, and only if this can't be done at home, such as key workers

When you are outside, follow social distancing measures. This means keeping 2 metres apart from other people and washing your hands as soon as you get home.

Shielding is a way of protecting extremely vulnerable people who are at very high risk of severe illness from coronavirus. It means staying at home and avoiding all face to face contact for at least 12 weeks. If you need to shield, you will have received a message from the NHS asking you to do so.

The two most common symptoms of coronavirus are the recent onset of a continuous cough or a high temperature. If you have any coronavirus symptoms, however mild:

- If you live alone, stay at home (self-isolate) for 7 days.
- If you live with someone with symptoms, stay at home (self-isolate) for 14 days from the first day the person got symptoms. If you then develop symptoms, stay at home for 7 days from the day your symptoms start, even if you're at home for longer than 14 days.
- Follow the advice of your GP, practice nurse or diabetes team regarding your medication.
- If you routinely check your blood sugar at home, you'll probably need to do it more often.
- If you don't check your blood glucose levels, be aware of the signs of hyperglycaemia (high blood glucose), which include passing more urine than normal, thirst, headaches, and tiredness. **You should contact your GP surgery if you have hyperglycaemia symptoms.**
- Have plenty of unsweetened drinks and eat little and often.
- If you take a certain type of diabetes tablet called SGLT2i and become unwell, you should stop taking these and **speak to your healthcare team**. The brand names of these tablets are Forxiga, Invokana and Jardiance.
- If you're vomiting or not able to keep fluids down, get medical help as soon as possible.
- If you feel you cannot cope with your symptoms, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online service. If you do not have internet access, call NHS 111. For a medical emergency, dial 999.

*For the latest government updates on for the UK visit www.gov.uk/coronavirus. For the latest Diabetes UK updates, visit https://www.diabetes.org.uk/about_us/news/coronavirus or call the Diabetes UK helpline on 0345 123 2399.