How should I prepare?

- Gather the contact information for your doctors, clinic, pharmacy and your insurance.
- Write down the names and doses of your medications.
- Have enough medication for one-two weeks in case you cannot get to the pharmacy to refill your prescriptions.
- Ensure you have enough device supplies as well (i.e. pump supplies, pen supplies, monitor supplies, etc.).
- Have extra supplies like rubbing alcohol, hand sanitizers and soap to wash your hands.
- Keep simple sugars (i.e. glucose tablets) on-hand in case you need to treat low blood sugar which may occur more frequently with illness due to changes to eating patterns.
- Have glucagon available in case of a significant low blood sugar (if taking insulin or medications that can cause low blood sugar).
- Have ketone strips available in case of illness (if you have type 1 diabetes).

DIABETES CANADA

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