








Diabetes care guidance during the pandemic

Every day:

-  Protect yourself from COVID-19 by following any stay-at-home orders and other local guidelines.
-  Eat regular, healthy meals and snacks, and stay hydrated.
-  Do some physical activity.
-  Take your medications as directed; if you have questions about them and aren't able to speak with a member of your diabetes care team in a timely way, follow up with your pharmacist.
-  Continue to monitor your blood sugar as directed.
-  Check your feet for cuts, sores, redness, swelling, or change in temperature. Find more foot care tips here: bit.ly/DiabetesCanada-foot-care
-  Try to stay positive and hopeful – the pandemic WILL NOT last forever.

For guidelines to manage minor illnesses, visit: bit.ly/DiabetesCanada-managing-illnesses

Contact your health-care team right away if:



- Your blood sugar levels are abnormally high for you and you're having trouble getting them back down.
- Your blood sugar has been going low at the same time every day or stays lower than 4 mmol/L for two consecutive readings even after low blood sugar treatment. For more information about low blood sugar, visit: bit.ly/DiabetesCanada-low-blood-sugar
- You suddenly experience blurred vision, see dark spots or sharp flashes of light.
- You have a cut, blister or other type of wound on your leg or foot that is not getting better or is showing signs of infection (e.g., pain or tenderness at or around the site, redness, warm to touch).
- You are feeling sick and don't know what to do about your medications or general diabetes management.
- You are overwhelmed, feeling sad a lot and/or are having difficulty coping.

Go to your local EMERGENCY room or call 911 if:



- Your blood sugar levels are higher than 20 mmol/L **and** are accompanied by any one or more of the following: nausea, vomiting, rapid breathing, drowsiness, confusion, ketones.
- You have a fever (body temperature above 38.5°C) for more than 48 hours.
- You are experiencing vomiting or diarrhea or have signs of dehydration (e.g., dry mouth, sunken eyes, dry skin).
- You have changes to your state of consciousness that are atypical for you (e.g., agitation, confusion, hallucinations).
- You have a cut, blister or other type of wound on your leg or foot that is not getting better or is showing signs of infection (e.g., pain or tenderness at or around the site, redness, swelling, warm to touch, presence of discharge or pus) **and** you have a fever.
- You are feeling hopeless and having thoughts of death or suicide.

My health-care team's phone number:



diabetes.ca
1-800-BANTING (226-8464)

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