

COVID-19 & DIABETES

DO'S & DON'TS



There needs to be preparedness in case one falls ill. All relevant contact details must be kept handy.

01

Regular monitoring can help avoid complications caused by high or low blood glucose.



02



If one does show flu-like symptoms (raised temperature, cough, & difficulty in breathing), it is important to consult a healthcare professional.

03

Drink enough water as infection raises one's glucose levels and increase the need for fluids



04

Maintain good supply of the diabetes medications she / he needs.



One must have the provisions to be able to correct the situation if the blood glucose drops suddenly.



05

If someone is living alone, it is important to make sure that someone who can be relied upon knows her / his diabetic condition



06

It is important to keep a regular schedule, avoid overwork and have a good night's sleep.



07

Eat a varied and balanced diet to keep their blood glucose levels stable and enhance their immune system.



08

Follow all the usual precautions like washing your hands with soap and water regularly and 'social distancing'



09

Unless you have type 1 diabetes or severe insulin-requiring type 2 diabetes, wherein the sugar levels tend to go very high and signs of ketosis or diabetic ketoacidosis (DKA) develop, it is not necessary to get admitted to hospital.



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