

POST-COVID

COMPLICATIONS & CARE



DO NOT MISS OUT ON PRE-COVID MEDICATIONS

AVOID SMOKING & ALCOHOL



DRINK PLENTY OF FLUIDS, BREATHING EXERCISES & MEDITATION, NUTRITIOUS DIET, ADEQUATE SLEEP

RESUMING WORKOUT: JOGGING OR WALKING IN 1ST WEEK POST RECOVERY, DOUBLE THE TIMING FROM 2ND WEEK.



GET VACCINATED AFTER 1-1.5 MONTHS

Issued in public interest by

 **LUPIN**
Diabetes Care

Makers of

GLUCONORM-G

DIABETES

POST COVID-19



RECOVERY TIPS FOR T2DM



Proper nutrition is a must
(Protein rich diet)



Start exercises gradually
(short walks in room, watch
out for oxygen saturation)



Take benefit of
Telemedicine for follow up.



Go for regular screening-
Screening of diabetes status of
self and family members
through available simple
laboratory tests
becomes imperative.



Optimum diabetes control
is imperative, lowering risks
of hospital admission
ICU or deaths.



Most patients go back to
routine walk of 30 min a day
(at least 5 days a week)
post-discharge once they are
weaned off from steroids or
do not require oxygen at home.

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