

Coronavirus (COVID-19) and DIABETES

- **NHS Inform – Coronavirus (Covid19)** – Go to resource for information for members of the public.
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
- **NHS Lanarkshire COVID-19 page**
<https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/>
- **Health Protection Scotland: Coronavirus (COVID-19)** provides a range of information including information on travel advice and guidance for various healthcare settings.
<https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/>
- **Diabetes UK: Coronavirus (COVID-19) – advice for people living with diabetes** (Updated 17th March 2020)
https://www.diabetes.org.uk/about_us/news/coronavirus
- **My Diabetes, My Way: Coronavirus: specific advice for people living with diabetes** (Updated 17th March 2020)
<https://www.mydiabetesmyway.scot.nhs.uk/Content.aspx?id=231>
- **Be aware of Sick Day Rules for Type 1 and Type 2 diabetes**
<https://www.nhslanarkshire.scot.nhs.uk/download/diabetes-patient-information-leaflets/>

If you have Type 1 diabetes

- Ensure you have enough glucose and ketone testing equipment/strips
- Be aware of you sick day rules provided by your Diabetes Educator team
- Make sure you have adequate supplies of insulin / insulin pens & needles / hypo treatments / blood & ketone test strips, and any other medications you are prescribed
- Explore if local pharmacies can home deliver in case of need for self-isolation
- If you are an insulin pump user you should have insulin pens as a backup and a good supply of insulin pump consumables
- Make sure your diabetes technical device (insulin pump /continuous glucose monitor/Freestyle Libre device) is in good working order and if you have any concerns phone the company who supplies your device directly to troubleshoot and arrange a replacement if necessary
- If on insulin pump therapy ensure adequate insulin/insulin pen available for reverting to injections if needed. Also awareness of sick day rules and doses for switch back to pen injections is crucial.

If you have Type 2 diabetes

- Ensure you have enough glucose testing equipment
- Make sure you have a good stock of your medications, orals tablets &/or injectable therapies
- Be aware of you sick day rules provided by your Diabetes Educator team

Contact numbers for local Diabetes teams Monday- Friday 9am to 4pm

University Hospital Hairmyres: 01355 585230

University Hospital Monklands: 01698 752118

University Hospital Wishaw: 01698 366361

To avoid catching or spreading Coronavirus

It is important not to go to your GP surgery, hospital or pharmacy if you think you may have Coronavirus – please dial NHS 111 for further medical advice.



Do:

- Wash your hands with soap and water frequently – wash for at least 20 seconds
- Always wash your hands when you get home or into work
- Use hand sanitiser gel if soap and water isn't available
- Cover your mouth and nose with a tissue when you cough or sneeze
- Put used tissues in the bin straight away and wash your hands
- Try to avoid close contact with people that are unwell



Don't:

- Touch your eyes, nose or mouth if your hands are not clean