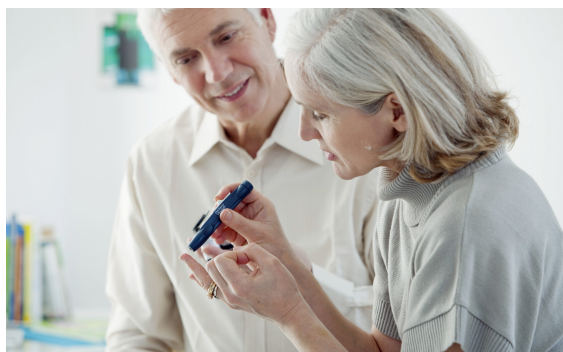




Important Information About Diabetes and COVID-19



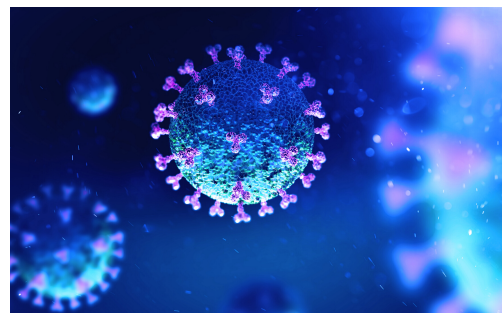
- It is unclear whether all people with diabetes are at increased risk of getting COVID-19
- Suboptimal glucose levels can impair the immune response and hinder the body's efforts to fight infection
- It does appear that people with diabetes and other significant comorbidities (hypertension, CVD, CKD, respiratory) are more likely to have severe complications related to COVID-19

- It does appear that people with diabetes and in older age groups (>60 years) are more likely to have severe complications related to COVID-19
- Close monitoring and management of diabetes, trying to ensure that blood glucose levels are well controlled, are very likely to be helpful in reducing the risk of more severe complications of COVID-19

- If people with diabetes get COVID-19 there will be a significant impact on their glucose levels, which will require close monitoring and optimal management

- People with diabetes and additional risk factors should if at all possible work from home; practice social distancing and good hand hygiene

- There are already higher levels of anxiety in the diabetes community (people with diabetes and their families) than in the general community



- We need to focus on what people can do to mitigate risk, including:
 - promoting and supporting optimal glucose levels
 - continuing healthy diets and regular exercise. It may be necessary to change the type or place of exercise to follow social distancing advice, but any exercise is better than no exercise
 - supporting people with diabetes to receive the flu vaccine
 - continuing blood pressure medications (ACE inhibitors (ACEi) or angiotensin receptor blockers (ARBs) as there is insufficient evidence to support safety concerns of these medications related to COVID-19
 - strongly supporting and promoting appropriate sick day management

- We **urgently** need increased capacity and phone contact services for diabetes stabilisation across the country, in addition to appropriate service remuneration.

- We need increased capacity and phone contact for primary care providers and private CDEs for specialist service advice and support, in addition to appropriate service remuneration.

- An appropriate strategy to aid people with diabetes to manage their risks will help to reduce the feelings of panic currently being experienced by people with diabetes and their carers