

Coronavirus: Specific advice for people living with diabetes

Coronaviruses can cause more severe symptoms and complications in people with diabetes, as well as in older people, and those with other long term conditions such as cancer or chronic lung disease. If you have diabetes and start to feel unwell you need to follow the sick day rules for [type 1](#) or [type 2](#) and check your blood glucose frequently. Information for [pregnant women and their families](#), please refer to this source.

If you have diabetes and you have symptoms such as a cough, high temperature and feeling short of breath, you need to continue taking your medication and call the NHS 111 phone service.

It's 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.

For the most up-to-date advice then keep checking the [UK government](#) and [NHS websites](#).

Practical advice to help you right now

- If you are feeling [anxious](#) or experiencing [diabetes distress](#) please visit our mental health hub pages. We also like this article on [how to protect your mental health](#) by the BBC.
- BBC good food has 59 recipes on [eating well on a budget](#).
- The Hypo Program will help show you how to reduce your hypo risk, track your hypos, and better understand the causes of hypos, you can find [more information here](#).
- If you or someone you know has diabetes and has to go to a hospital, take our 10 point training resource will you, you can [download it here](#).
- Staying well and active is good for our immune system. If you are in isolation or can't attend your regular planned activity classes, we have a page with some [tips on staying active at home](#).
- Worried about money? [The Money Saving Expert website](#) has some sound advice and a regular update page from mortgage breaks, business advice, to benefit rights.
- Getting some sleep can also be beneficial to the immune system, [this practical sleep guide](#) might be of help. We also have our [sleep better](#) hub pages here.

To avoid catching or spreading Coronavirus

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
- Keep up to date with the advice from Diabetes UK which you can find [here](#)
- All people with diabetes should practice social distancing

Don't

- Touch your eyes, nose or mouth if your hands are not clean
- If you haven't [stopped smoking](#), now is a good time to do so. Stopping smoking will reduce the severity of any chest infection

Some specific advice for healthcare professionals (HCPs) and people with diabetes:

- [Guidance for](#) Primary Care, Secondary Care, Community Health, Social Care and Ambulance services
- People with diabetes are at elevated risk of acquiring the more severe disease
- Keep up to date with the advice from Diabetes UK which you can find [here](#)
- All diabetes consultations to be done virtually by HCPs to minimise the risk of exposure unless otherwise indicated
- If people haven't stopped smoking, advise that now is a good time to do so
- All people with diabetes over 70 to self isolate and should consider it if younger and frail.
- Guidance for [healthcare professionals on coronavirus \(COVID-19\)](#) infection in pregnancy, published by the RCOG.