

## Diabetes and COVID-19



Diabetes is a long-term chronic disease that affects the way the body converts food into energy. The body of a person with diabetes does not produce enough insulin or cannot properly use the insulin it produces. When there is not enough insulin or the cells stop responding to insulin, there is too much sugar left in the blood, and over time this can cause serious health problems, such as heart disease, kidney disease and vision loss. Having type 1 or type 2 diabetes can increase your chance of becoming seriously ill from COVID-19.

### Steps to take

- Get vaccinated
- Continue your diabetes treatment.
- Check your blood sugar levels every four hours and keep a record of the results.
- Have a minimum of two weeks' supply of your diabetes medications.
- Don't miss follow-up appointments with your doctors.

### Why might you be at greater risk?

People with diabetes, whose blood sugar levels are out of control, are at increased risk for conditions in other organs. These diabetes-related health problems can complicate COVID-19 recovery.

### Connection between body and mind

Thoughts, beliefs, attitudes that are generated from everyday situations and going through a pandemic can affect your body's sense of well-being. For example, anxiety may cause you to feel dizzy or weak, as if you have a blood sugar spike. In that case, it is important to check your blood sugar and treat it if necessary. On the other hand, you may think that diabetes is controlling your life. This may interfere with your mood and lead you to neglect unhealthy habits, such as neglecting to monitor your blood sugar, eating high-carbohydrate foods, or missing medical appointments. If you notice this happening to you, consult a mental health professional.

### Remember

Taking preventive measures and caring for your condition is key to keeping your blood sugar levels under control. This way you can prevent infection with COVID-19 and other viruses that can put your physical and mental health at risk.

### Social and Emotional Aspect

For tips, tools, and resources on how you and your family can manage emotional and physical concerns that may occur during and after your treatment, please visit your primary care physician or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Health

787-641-9133

### References:

(2022)<https://www.cdc.gov/diabetes/library/reports/reportcard/diabetes-and-covid19.html>

(2022)<https://espanol.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>

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