



DIABETES MANAGEMENT AND CORONAVIRUS: PREPAREDNESS TIPS

The Diabetes Disaster Response Coalition (DDRC), along with member organizations, is closely monitoring the novel coronavirus (COVID-19) outbreak.

This is a stressful time and people with all types of diabetes want to know what they can do right now to protect themselves and their families.

With public health officials increasing their call for everyone to help contain COVID-19, the DDRC recommends that people with diabetes create a preparedness plan and follow the guidance of local and national health authorities.

COVID-19 and similar viral illnesses—such as the flu—can pose a health risk for people with diabetes if they are infected with the virus. Those at greatest risk are people who have another, or second chronic disease (such as a compromised immune system, heart disease or renal failure).

Here are tips from the Centers for Disease Control and Prevention (CDC) to help you stay healthy and safe:

- Frequently wash your hands with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Practice social distancing. Keep a 6 foot distance between yourself and anyone who is coughing or sneezing.
- Stay at home if you are sick, or feel unwell.
- Disinfect frequently touched objects and surfaces throughout the day.

IF YOU HAVE DIABETES AND HAVE CONTRACTED COVID-19

It is important to continue a normal schedule of medication. But there are important steps to take to avoid complications:

- Monitor your blood sugar and ketones more than usual. This is highly important if you are not eating or drinking much, or if you are taking medication to address symptoms such as fever and muscle aches.
- It may be necessary to take extra insulin to bring down higher blood glucose levels.
- Be on the lookout for ketones, as very high levels could lead to diabetic ketoacidosis (DKA), a dangerous condition that demands immediate medical attention, and can be fatal if left untreated. If you are vomiting, or have moderate or large ketones or symptoms of DKA, contact your healthcare provider immediately and seek emergency assistance.

OTHER IMPORTANT INFORMATION IF YOU'VE CONTRACTED COVID-19

- Drink lots of fluids. If you are having trouble keeping water down, have small sips every 15 minutes or so throughout the day to avoid dehydration.
- If you are experiencing a low (blood sugar below 70 mg/dl or your target range), eat 15 grams of simple carbs that are easy to digest like honey, jam, Jell-O, hard candy, popsicles, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure your levels are rising. Check your blood sugar extra times throughout the day and night (generally, every 2-3 hours; if using a CGM, monitor frequently).
- Be aware that some CGM sensors (Dexcom G5, Medtronic Enlite, and Guardian) are impacted by Acetaminophen (Tylenol). Check with finger sticks to ensure accuracy.
- Wash your hands and clean your injection/infusion and finger-stick sites with soap and water or rubbing alcohol.

TAKE STOCK OF SUPPLIES

The DDRC recommends that people with diabetes prepare for any emergency by assessing their medication and supply needs. Some insurers and pharmacies allow you to set up automatic refills, 90-day refills or mail-order or delivery of prescription medications. Call your pharmacy and insurance provider to determine options and assistance they provide.

INFORMATION ON STATE-LEVEL EMERGENCY ORDERS AND PRESCRIPTION REFILL WAIVERS

When a state issues an emergency order in response to the COVID-19 outbreak, the declaration may trigger a prescription refill waiver. These waivers allow pharmacists to refill prescriptions early if they deem a medication, such as insulin, critical to saving a person's life or maintaining their treatment plan. [Click here for a listing of prescription refills rules by state, managing medications in times of disaster and health insures response to COVID-19.](#)

PRESCRIPTION COSTS

If you are struggling to pay for insulin and diabetes medication, we have consolidated resources so that you can find help, fast. Get immediate help from your insulin manufacturer, find low (or no) cost options near you, consider drug discount programs and databases. DDRC partners have put together **these resources** that can be found on the following sites:

- [American Diabetes Association](#)
- [JDRF](#)
- [Beyond Type 1](#)
- [Association of Diabetes Care and Education Specialists and American Association of Clinical Endocrinologists](#)

INSULIN & PUMP MANUFACTURERS ON COVID-19

- [Lilly](#)
- [Sanofi-Aventis](#)
- [Novo Nordisk](#)
- [Omnipod/Insulet](#)
- [Dexcom](#)
- [Medtronic](#)
- [Tandem Diabetes Care](#)

KNOW YOUR RIGHTS

If you have diabetes, you have legal rights that do not go away during a health crisis like COVID-19. Even in a pandemic, you have the right to reasonable accommodations at work, which could include medical leave or alternate work arrangements. Your child's Section 504 Plan should include accommodation for extra sick days without penalty. This would apply if your child is sick or if you choose to keep him or her home from school to avoid contagion with COVID-19. People with diabetes who are incarcerated or in police custody are entitled to appropriate and adequate medical care, and their medical needs may change during infectious disease outbreaks. If you are concerned you are being treated unfairly because of your diabetes, contact us to seek help from the [American Diabetes Association Legal Advocacy](#) by calling 1-800-DIABETES. The American Diabetes Association has prepared and collected information and resources to assist people with diabetes during the COVID-19 pandemic.

STAY HEALTHY AND SAFE!

The DDRC will provide updates as the COVID-19 situation continues to evolve. Comprised of the nation's leading diabetes organizations, our priority is the health and safety of the diabetes community in times of emergency. If you have questions or need additional support, please call **1-800-DIABETES** from 9:00 a.m. to 7:00 p.m. ET, Monday through Friday.

READ MORE FROM DDRC PARTNERS

- [American Association for Clinical Endocrinologists](#)
- [American Diabetes Association](#)
- [Association of Diabetes Care and Education Specialists](#)
- [Beyond Type 1](#)
- [Diabetes Research Institute Foundation](#)
- [JDRF](#)
- [TCOYD](#)

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Information and Resources for People Living with Diabetes

NEED HELP? CONTACT THE AMERICAN DIABETES ASSOCIATION CENTER FOR INFORMATION **1-800-DIABETES** (800-342-2383) MON.-FRI. 9:00 A.M. TO 7:00 P.M. ET. Representatives are available if you have questions or seek support regarding diabetes, diabetes supplies and management.

Customer Care Insulin & Pump Manufacturers – *call if unable to pay for insulin – provides discount*

- Lilly: 800-545-5979
- Sanofi-Aventis: 800-633-1610
- Novo Nordisk: 800-727-6500
- Omnipod/Insulet: 800-591-3455
- Dexcom: 888-738-3646
- Medtronic: 800-633-8766
- Tandem Diabetes Care: 877-801-6901

Find a Pharmacy

- **Open Pharmacies.** Real-time updates for open pharmacies for communities impacted by a disaster, find a list of open pharmacies in community. <http://rxopen.org/>
- **Help for People with Disabilities.** **Partnership for Inclusive Disaster Strategies** helps people with disabilities and the elderly to safety and provide immediate needs of durable medical equipment and supplies hotline: 1-800-626-4959.

Find Shelter

- **Shelter.** **Live map of open shelters** from the American Red Cross or 1-800-RED-CROSS.

Health Care Providers Hotline

- **Emergency Diabetes Supply Hotline.** DDRC has activated a hotline for physicians and health care providers to request diabetes supplies: **1-314-INSULIN** (314-467-8546). The supply request line will be open and staffed daily by members of the DDRC.

Switching Insulin

- **Switching Insulin.** During times of disaster, patients may not have access to their prescribed insulin and limited monitoring capabilities. **Download** recommendations to help health care providers switch between insulin products in disaster response situations.

Health Insurance and Support

- **Centers for Medicare and Medicaid Service** -Helps in time of natural disaster, man-made incident, or a public health emergency, they want you to have access to quality health care, [click here](#).
- **Insure Kids Now!** - Every state in the nation has a health insurance program for people under 18. This [website](#) is offered by the US Health and Human Services Department - 800-877-Kids-Now.
- **Financial Help for Diabetes Care: NIDDK** - Find programs that may provide coverage for medical expenses for a person with diabetes. [Read more](#)
- **Partnership for Prescription Assistance** - [Assistance program](#) available to help offset the cost of supplies or prescription medicines. Call 1-888-4PPA-NOW (1-888-477-2669)

Other Resources

- [Discarding Sharps](#)
- [Caring for people in Emergencies](#)
- [Storing Insulin Safely](#)
- [Know Your Rights in Emergency Shelters](#)
- [Tips for First Responders](#)

Donate Supplies

If you have unexpired and unopened diabetes supplies, contact [Insulin for Life USA](#) for details. I4L collects in-date & unneeded insulin, test strips, as well as other diabetes supplies. They are then distributed, free of charge, to children and adults with diabetes who otherwise would go without these lifesaving medications.