

# Diabetes and COVID-19

(coronavirus)

If you have diabetes and are over 65 years, or if you are an Aboriginal or Torres Strait Islander person over 50 years, the most important thing you can do is to follow your care plan and attend regular appointments with your health management team. Here are some ways to keep yourself healthy.

## Look after your diabetes



Take your medications as prescribed by your doctor.



Have your Sick Day Action Plan and Sick Day Management Kit ready to use if you start feeling unwell. Speak to your doctor or diabetes educator to help you prepare your Action Plan and Management Kit.



The Sick Day Management Kit can include things like your blood glucose diary, hypo treatment and insulin.



Keep checking your blood glucose regularly to see if it becomes too high or too low. Know what to do to correct your blood glucose levels.



If you need to go to hospital, take your medications with you.



Drink plenty of water and eat healthy foods every day, including lean protein, leafy vegetables and fruit.



Avoid foods high in sugar, carbohydrates and fat.



Make sure all your vaccinations are up to date.



Be active. Reduce long periods of sitting. Go up and down stairs as much as you can and use household work such as gardening and cleaning to be more physically active.



If you live alone, make arrangements to have a family member, friend or neighbour to be available when you need help.

# Keep safe from COVID-19

(coronavirus)



Wash your hands regularly with soap and water for at least 20 seconds or use a hand sanitiser.



Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately.



Follow the latest regulations for your state.



If you are 70 years or older you should stay at home as much as possible.



Stay more than 1.5 metres away from other people at all times, even when visiting others.



If you are sick stay at home.



If you have symptoms such as cough, sore/scratchy throat, shortness of breath or fever you should be tested for COVID-19. Call your GP or visit a public COVID-19 testing clinic.



If you have serious symptoms such as difficulty breathing, call 000 for an ambulance.

## New telehealth medical services:

To reduce the spread of COVID-19, many doctors now provide bulk billed telehealth appointments (video or telephone). Call your doctor's office to find out about your medical appointment options.

## Keep up to date with the Australian Government's response to COVID-19

For more information call the National Coronavirus Health Information Line on **1800 020 080**.

For a free telephone interpreter ring **131 450**, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.



Maridulu **Budyari Gumat**

Working together for good health and wellbeing

