"In some American Indian and Alaska Native communities, more than half of adults aged 18 and older have diagnosed diabetes, with prevalence rates reaching as high as 60%"

- Diabetes occurs when blood sugars are higher than normal.

**TYPES**
- Type 1- Autoimmune
- Type 2- Acquired
- Gestational- Pregnancy related

**TREATMENT**
- Lifestyle Modification
  - (Diet + Exercise)
- Insulin (Injections)
- Oral Medications that helps release insulin

**SYMPTOMS**
- Increased thirst
- Increased urination
- Fatigue
- Blurred vision
- Numbness/ tingling in hands/ feet
- Sores that take long to heal
- Unexplained weight loss

**RISK FACTORS**
- Medications
- Unhealthy Lifestyle Habits
- Pancreatic Disorders
- Autoimmune Disorders
- Obesity
- Family History
- Age (>45)
- Ethnicity

**COVID-19 AND DIABETES**
- Based on the current information, having Type 1 or Gestational diabetes may increase your risk of severe illness from COVID-19.
- Examples of severe illnesses: Pneumonia, organ failure, breathing difficulties and others.

**WHAT TO DO**
*Monitor blood glucose levels*
*Exercise regularly*
*Eat healthy and nutritious foods*
*Have a good night's sleep*
*Decrease stress levels as much as possible*
*Follow COVID-19 protocols*