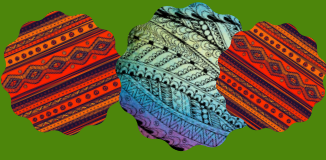




# DIABETES AND COVID-19



"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



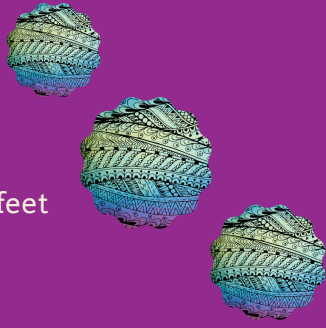
- Lifestyle Modification
  - (Diet + Exercise)
- Insulin (Injections)
- Oral Medications that helps release insulin



## SYMPTOMS



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



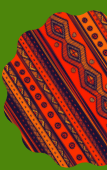
## RISK FACTORS

- 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**



SOURCE:  
 1. <https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>  
 2. <https://www.nejm.org/doi/full/10.1056/NEJMC2018688>  
 3. <https://www.idf.org/about-diabetes/what-is-diabetes/covid-19-and-diabetes/i-covid-19-and-diabetes.html>  
 4. <https://www.cdc.gov/diabetes/basics/index.html>

