



# Managing Diabetes during COVID-19

## Recommendations



Have a **thermometer** and **medications** available



When you go out in public, keep away from others who are sick, **practice social distancing** and **wash your hands often**



Avoid **non-essential** air travel



Healthy **eating** and daily **exercise** (follow social distancing guidelines)



Practice good **handwashing** for everyone in the household



Continue **monitoring your glucose** at home and contact your El Centro provider for any questions

## Stay at home...

During a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

## Take care of your emotional and mental well-being

Manage stress and get good sleep. Exercise, do activities you enjoy to decrease stress. Reach out to others (by phone). Stay informed, but don't overdo TV and social media if it increasing stress.

For information about El Centro's behavioral health services, please call **(713) 660-1880**.