Managing Diabetes during COVID-19

Recommendations

Have a thermometer and medications available

Avoid non-essential air travel

Practice good handwashing for everyone in the household

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

Healthy eating and daily exercise (follow social distancing guidelines)

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.

Source: Centers for Disease Control and Prevention