

Diabetes? We want to keep you safe from severe COVID-19

Coronavirus is in the air and we are breathing in small droplets containing virus. People with diabetes are at risk of severe COVID-19.

Seek care without delay if you get symptoms

If you have symptoms, you need a COVID-19 test.

- Phone your healthcare provider or the COVID-19 hotline **today** to arrange a COVID-19 test. Tell them that you have diabetes.



Seek help urgently if you develop any of:

- Difficulty breathing
- Confusion
- Cannot wake up completely
- Chest pain or pressure that won't go away
- Sudden weakness of arm, leg or side of face
- Sudden loss of speech or vision

Go to your local health facility immediately. Avoid public transport. If needed, call an ambulance 0861 911 111

COVID-19 symptoms

Cough
Fever
Sore throat
Loss of smell or taste
Body aches
Flu-like illness



Avoid getting COVID-19

Shield yourself from others

- Do not go out unless necessary.
- Try not to have visitors.
- If someone at home has COVID-19, keep completely separate or stay elsewhere.



Wear a mask if:

- You have to go out in public.
- You do have visitors.
- Someone is unwell at home.



Keep clean of coronavirus

Wash or sanitise your hands often.



Western Cape COVID-19 Hotline: 080 928 4102 (tollfree)



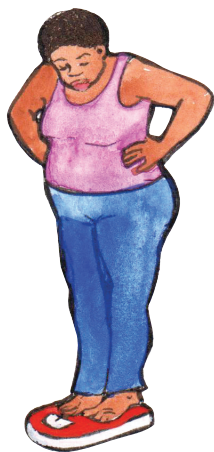
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STAY SAFE
MOVE FORWARD

Take extra care of your diabetes at home

Look after your feet to prevent ulcers

- Inspect your feet and shoes daily.
- Keep feet clean and dry between toes.
- Don't walk bare-foot. Wear shoes that fit.
- Don't cut your corns or calluses yourself.



Watch your weight

- Try to lose weight if you can.

Check your glucose if you can

- If your glucose is over 10, discuss with your healthcare provider.

Stick to your medication

- Take your medication as instructed. If you stopped it, restart.
- Take your medication with meals.
- If you take insulin, use and store it correctly.
- If you have too much medication left over or are unsure how to take it, ask your healthcare worker.
- Organise deliveries of medication with your health facility or the **Pocket Clinic App:**

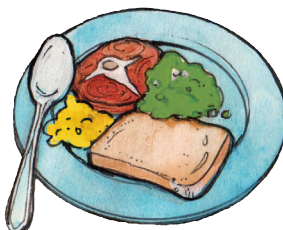


WhatsApp 087 240 6122

Take extra care of yourself

Eat healthily

- Cut down on starchy food like white bread, samp, noodles, potato, butternut, mielies, white rice.
- Avoid sugar, sugary drinks, sweet treats and alcohol.
- Eat regular meals. Cut down on portion size.



Get active

- Aim for at least 30 minutes of exercise 5 days a week.



Stop smoking



Get help when you need it

Contact your healthcare facility if:

- You have low blood sugar that does not improve or occurs more than once.
- You have a sore on your foot.
- You need help with taking or getting your medication.
- You have an appointment for a check-up.

**For more diabetes information and support:
WhatsApp 081 578 6636**



If you feel dizzy, sweaty, shaky or confused, you may have **low blood sugar**.
Immediately eat or drink something sugary.
Follow with starchy food like a sandwich.

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