

INFORMATION ABOUT DIABETES AND COVID-19

Here is some information compiled by the Children's Minnesota diabetes care team about how you can be best prepared to care for a child with diabetes during the COVID-19 (also known as Novel Coronavirus) pandemic. Please visit the [American Diabetes Association \(ADA\)](#) website for more diabetes-specific information.

When caring for your child with diabetes at home, you can be more prepared by following these tips.

Gather supplies

- Simple carbs like regular soda, honey, jam, gelatin, hard candies or popsicles to help keep your blood sugar up if you are at risk for lows and too ill to eat.
- Extra refills on your prescriptions so you do not have to leave the house.
- Enough insulin for the week ahead, in case you get sick or cannot refill.
- Extra supplies like rubbing alcohol and soap to wash your hands.
- **Glucagon and ketone strips, in case of lows and highs**
- Have phone numbers of your healthcare team, pharmacy and insurance provider readily available.
- Have a list of medications and doses (including vitamins and supplements) readily available.

Talk to your healthcare team about the following:

- When to call your doctor's office (for ketones, changes in food intake, medication adjustments)
- How often to check your blood sugar
- When to check for ketones
- Medications you should use for colds, flu, virus and infections
- Any changes to your diabetes medications when you are sick

What to do when you are sick

Contact your healthcare team if your child becomes sick or their diabetes symptoms increase.

If your child gets sick, follow these tips, which may vary from person to person.

- Drink lots of fluids. If you're having trouble keeping water down, have small sips every 15 minutes or so throughout the day to avoid dehydration.
- If you are experiencing a low (BG below 70 mg/dl or your target range), eat 15 grams of simple carbs that are easy to digest like, honey, jam, gelatin, hard candy, popsicles, juice or regular soda, and re-check your blood sugar in 15 minutes to make sure you are coming up. Check your blood sugar extra times throughout the day and night (generally, every two to three hours, with a CGM, monitor frequently)
- If your blood sugar has registered high (**BG greater than 240mg/dl**) more than two times in a row, [check for ketones to avoid DKA](#).
- Call your doctor's office if you develop medium or large ketones and they are not getting better with recommended treatment.
- Be aware that some CGM sensors (Dexcom G5, Medtronic Enlite, and Guardian) are impacted by Acetaminophen (Tylenol). Check with finger sticks to ensure accuracy.
- Change your lancet every time you check your blood sugar.
- Wash your hands and clean your injection/infusion and finger-stick sites with soap and water or rubbing alcohol.

When you call your doctor

- Have your glucose reading available.
- Have your ketone reading available.
- Keep track of your fluid consumption (you can use a 1-liter water bottle) and report.
- Be clear on your symptoms (for example, are you nauseated? Just a stuffy nose?).
- Ask your questions on how to manage your diabetes.