
COVID-19:

Diabetes, Heart Disease and COVID-19

COVID-19: What You Need to Know

If you have diabetes, heart disease, stroke, or underlying health conditions, you are at higher risk from COVID-19. With preparation you can manage your risk and stay healthy.



1. Manage your risk:

- Stay at home if you can
- If you need to go out
 - Wear a mask
 - Avoid touching things with your fingers
 - Wash hands frequently
 - Practice physical distancing
- Keep focused on your health
 - Track your glucose and monitor your blood pressure
 - Stay hydrated
 - Keep taking your medication
 - Stay active and continue healthy eating habits



2. Be prepared:

- Stock up on essentials such as prescription medications, testing supplies, electrolyte drinks, household items and groceries
- Organize health info including phone numbers of your doctors, pharmacy and insurance
- Stay connected to your healthcare team – ask about telehealth options!
- Have an emergency plan in place

FACT: People with diabetes are at two-times greater risk for heart disease and stroke. Taking special care to follow your diabetes plan to keep you healthy is important now more than ever.



3. Find out when and how you should contact your doctor's office outside of planned visits.

- Determine how often to check critical health numbers
- Develop a 9-1-1 protocol in case of emergency

Health emergencies like heart attack and stroke can happen anytime.

If these signs are present **call 9-1-1** right away. Know the signs.

Heart Attack Symptoms	Stroke Symptoms: Spot a Stroke F.A.S.T.
CHEST DISCOMFORT	F FACE DROOPING
DISCOMFORT IN OTHER AREAS OF THE UPPER BODY	A ARM WEAKNESS
SHORTNESS OF BREATH	S SPEECH DIFFICULTY
OTHER SIGNS	T TIME TO CALL 9-1-1

For more information, visit
 Know**Diabetes**by**Heart**.org

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