

COVID-19 and Diabetes

COVID-19 infections can be more serious for people living with diabetes, increasing your risk of severe complications. Taking steps to prevent getting sick and knowing what to do if you do get sick are key parts of staying safe.



Symptoms of COVID-19

Symptoms of COVID-19 can range from mild to severe. Some people have no symptoms at all but can still spread the virus. If you experience these symptoms consider taking a COVID-19 test. Common symptoms include:



Fever or
chills



Cough



Headache



Nausea or
vomiting



Fatigue



New loss of
taste or smell



Sore throat



Shortness of breath
or difficulty breathing



Congestion or
runny nose



Muscle or
body aches



Diarrhea

How to Prevent COVID-19



Get the vaccine annually. Check with your doctor or pharmacist during the year to find out if you need an updated version of the vaccine.



Wear a mask when COVID-19 levels are high in your community.



Avoid touching your face.



Avoid close contact with people who are sick.



Stick with your healthy habits like healthy eating, getting physical activity, and sleeping well.



Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.

What to Do if You Get Sick

Any illness can make it harder to manage your blood glucose (blood sugar), which increases your risk for serious complications like diabetic ketoacidosis (DKA). If you feel sick or test positive for COVID-19 using a home test, call your doctor immediately.

If you find out you have COVID-19:

- Ask your doctor for prescription COVID-19 treatments.
- Follow your diabetes sick day plan.
- Stay in a separate room away from other household members, and wear a mask if you need to be around others.



Emergency Symptoms

Call 9-1-1 immediately if you or a loved one have these signs of severe illness:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake up or stay awake
- Pale, gray, or blue skin, lips, or nail beds (depending on skin tone)