
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 up to date with COVID-19 vaccines
- Improve ventilation
- Get tested for COVID-19 if needed
- Follow recommendations for what to do if you have been exposed
- Stay home if you have suspected or confirmed COVID-19
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID-19
- Practice basic health and hygiene, like washing your hands

Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

2. Be prepared:



- Prepare to have essentials such as prescription medications, testing supplies, electrolyte drinks, household items and groceries
- Organize health information including phone numbers of your doctors, pharmacy and insurance
- Stay connected to your health care team – ask about telehealth options!
- Have an emergency plan in place
- Have at home COVID-19 test kits available

FACT: People with diabetes are at two-times greater risk for heart disease and stroke. Following your health care plan can help keep you healthy.



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

- Know how often to check your health numbers like blood glucose (sugar), blood pressure, cholesterol, weight, and kidney health.
- 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

CHEST DISCOMFORT

DISCOMFORT IN OTHER AREAS
OF THE UPPER BODY

SHORTNESS OF BREATH

OTHER SIGNS

Stroke Symptoms: Spot a Stroke F.A.S.T.

F FACE DROOPING

A ARM WEAKNESS

S SPEECH DIFFICULTY

T TIME TO CALL 9-1-1

For more Information, visit
KnowDiabetesbyHeart.org

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