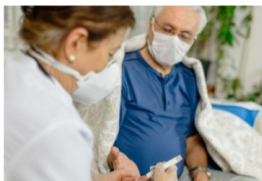


In the Spotlight

COVID-19 and Diabetes: What You Should Know

Reduce your risk of COVID-19 complications

Doing all the right things to manage your diabetes has never been more important. If you have diabetes, you may have heard that you may be more likely to get severely ill from COVID-19.



The American Diabetes Association (ADA) has collected research and experiences of treating COVID-19 patients with diabetes. People with diabetes don't get COVID-19 more often than others, but when they do, they have greater risks of complications. This means they can get sicker and need more treatments.

There's a lot we've learned about COVID-19. But there are still many uncertainties about how the virus increases the risk of severe COVID-19. If you have diabetes, there are things you need to know to stay healthy right now.

Risks of COVID-19

Right now, there isn't enough evidence to say whether people with diabetes are more likely to get COVID-19. However, the virus is dangerous, and you must also continue to [manage](#) your diabetes.

Risk of serious complications

People with diabetes are [more likely](#) to have complications from COVID-19, need to be hospitalized, and may even die. COVID-19 infections cause inflammation, which can produce [high blood sugar in people with diabetes](#), which can cause additional severe complications.

Lower your risk

Your risk of having serious problems if you get COVID-19 is lower if your diabetes is well-controlled. Limit your risks by managing your blood sugar carefully. Keep your blood sugar at healthy levels by:

- Following a healthy [diet for diabetes](#)
- [Exercising](#) regularly
- Taking [medicines](#) as directed by your health care team

If you have diabetes, you should still follow CDC guidelines. [Protect yourself and others](#) by wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Taking these precautions can limit your risk as well as the risk to others.

Please vote in our unscientific poll. All responses are anonymous.

Has it been more challenging to manage your diabetes during the COVID-19 pandemic?

☐ a. Yes

☐ b. No

Vote

Read More

[How COVID-19 Impacts People with Diabetes](#) (American Diabetes Association)

[COVID-19 and Diabetes](#)

[Managing Diabetes When You're Sick](#)

[Living Well with Diabetes](#) (Veterans Health Library)

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