

## Diabetes and Corona virus: Key messages for people with Type 1 diabetes in Herefordshire

It is important that people with diabetes follow the **Sick day rules** should they become ill, as being ill can make your blood sugars go all over the place. Often blood sugars start to rise and put you at risk of **DKA (diabetic ketoacidosis)** because your body can't produce enough insulin to cope with this.

1. Be aware of sick day rules. Attached is the TREND Diabetes guidance, which includes how to manage your insulin according to blood glucose and **ketone** levels.
2. During a period of illness you should **check ketones every 2-4 hours**.
3. You can order a **ketone meter** from **Spirit Healthcare** on **0800 8815423** or from **www.spirithealthcare.co.uk**



4. Never stop basal insulin
5. Ensure you have enough supplies of medication and consumables such as needles, lancets and testing strips.
6. Monitor blood glucose levels more frequently as insulin doses may need adjustment
7. Everyone must now stay at home except in exceptional circumstances. This includes people with diabetes.
8. If you are struggling with your diabetes management during the corona virus pandemic you can **contact the diabetes specialist nursing team on 01432 372967 Tuesday to Friday 09.30 to 16.30**

Further information can be found on the Diabetes UK website:

[www.diabetes.org.uk/about\\_us/news/coronavirus](http://www.diabetes.org.uk/about_us/news/coronavirus)