

# #LIONSFIGHTDIABETES

**Diabetes** is the signature cause of **LIONS** and **LEOS** around the world. This year, in partnership with the **International Diabetes Foundation** (IDF) we're on a mission to make our mark by screening 1 million people for Type 2 Diabetes by **World Diabetes Day** (November 14) by taking the **ONLINE** risk assessment.

# How COVID-19 Impacts People with Diabetes

\*\*\*The following information is based on current knowledge of COVID-19 in relation to scientific evidence released\*\*\*

## **Q: Are people with diabetes more likely to get COVID-19?**

**A:** People with diabetes are not more likely to get COVID-19 than the general population. The problem people with diabetes face is primarily a **problem of worse outcomes**, not greater chance of contracting the virus. People with diabetes have much higher rates of serious complications and death than people without diabetes—and generally we believe that the more health conditions someone has (for example, diabetes and heart disease), the higher their chance of getting serious complications from COVID-19.

## **Q: Do people with diabetes have a higher chance of experiencing serious complications from COVID-19?**

**A:** Your risk of getting very sick from COVID-19 is likely to be lower if your diabetes is well-managed. When people with diabetes do not manage their diabetes well and experience fluctuating blood sugars, they are generally at risk for a number of diabetes-related complications. **Viral infections can also increase inflammation, or internal swelling, in people with diabetes. This is also caused by above-target blood sugars, and both could contribute to more severe complications.**

## **Q: What are the symptoms and warning signs I should be watching out for—and what do I do if I think I'm developing them?**

A: Pay attention for potential COVID-19 symptoms including fever, dry cough and shortness of breath. If you feel like you are developing symptoms, call your doctor. When you call:

- Have your glucose reading available
- Have your ketone reading available
- Keep track of your fluid consumption (you can use a 1-liter water bottle) and report
- Be clear on your symptoms (for example: are you nauseated? Just a stuffy nose?)
- Ask your questions on how to manage your diabetes

## **Q: Will COVID-19 impact my access to insulin and other diabetes supplies?**

A: Leading manufacturers are reporting that COVID-19 is not having an impact on their current manufacturing and distribution capabilities for insulin and other supplies at this time. The American Diabetes Association and the International Diabetes Foundation continuing to monitor the situation and will provide updates to Lions Clubs International should anything change. If you are struggling to pay for insulin or know someone who is, the ADA has resources to help—visit [InsulinHelp.org](https://www.insulinhelp.org).

For Diabetes Resources for your club or immediate community, please do not hesitate to contact the District 2-A2 Diabetes Chairperson.

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