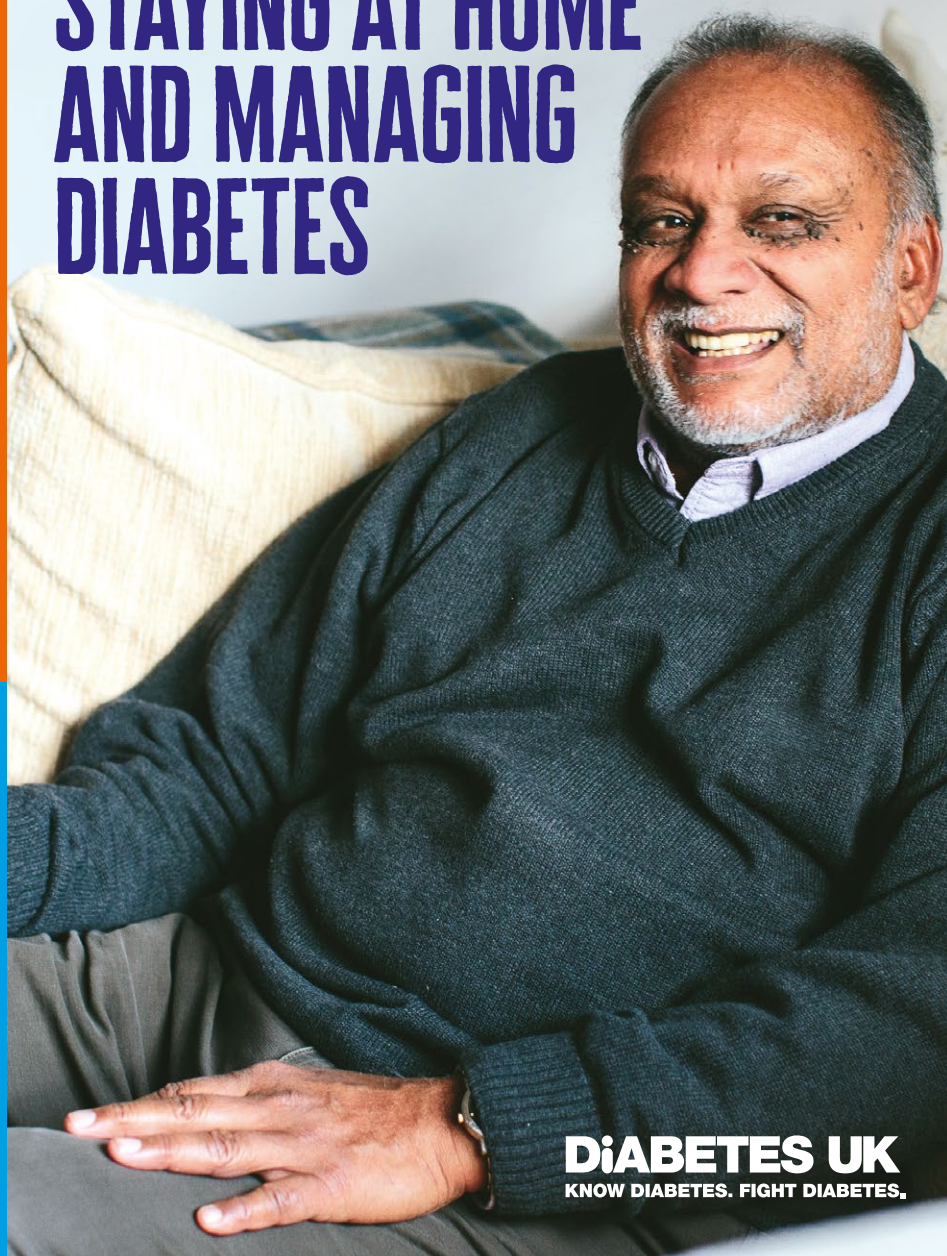


Keeping well while isolated

STAYING AT HOME AND MANAGING DIABETES



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Having to stay at home and avoid others is hard. But having any type of diabetes to think about on top of everything else might feel overwhelming.

The situation with coronavirus is changing all the time but we are working hard to keep you up to date with all that's going on.

You can read about all the latest guidance at www.diabetes.org.uk/coronavirus-updates

We want you to know that whether you have diabetes yourself or are supporting someone who does, we are here to help. Here are some tips to help you stay well and manage your diabetes while you're at home.

Keeping active at home

Staying active is so beneficial if you have diabetes, or if you're at risk of type 2 diabetes, and it can also boost your mental health.

There are lots of different ways to get active – it can be anything that gets you moving and gets your heart rate up.

You could try dancing in the living room, hoovering the whole house or jogging on the spot during an advert break.

Everyone's different and some people find video workouts helpful, to help keep them in a routine. Having an exercise routine might help you feel more motivated to get moving every day, even while you're stuck at home.

Eating well

There's no specific food that will stop you getting coronavirus, but eating a healthy, balanced diet can help boost your immune system.

You may struggle to get the kinds of foods you prefer at the moment but don't worry if you're having to eat a bit differently. It could be a good opportunity to try something new.

For example if you're having trouble getting hold of fresh fruit, look for fruit that is frozen, or tinned in juice.

Looking after yourself

If your routine health checks are postponed or cancelled, it's really important that you take care of yourself at home.

This includes checking your feet for any signs of foot problems. Check all areas of your feet, including between your toes, every day and look out for any changes, cuts, and hard or flaky skin. Try using a mirror to help you look if you struggle to reach down.

If you check your blood sugars, keep a close eye on these. Being less active while you're in the house can make these run higher.

If you become unwell it's really important to keep taking your medication as usual. You might have been given 'sick day rules' to follow by your diabetes team. If you take SGLT2i tablets however, you should stop taking them if you're ill.

Connecting with others

We know coronavirus is tough and that it will affect you emotionally too. It's important to remember that just because you're at home, it doesn't mean you can't connect with others at all.

There are lots of ways you can do this still, like video-calling a friend or writing a letter to your neighbour.

Staying in touch with others will help you feel more connected and relieve some of the mental pressures of managing diabetes while you're at home.

Get in touch

We're here to help with any questions or concerns you have during this time. Call our **helpline** on **0345 123 2399**, Monday to Friday, 9am to 6pm.

You can also connect with other people with diabetes on our forum

www.diabetes.org.uk/forum-coronavirus

Visit our website for the latest information on coronavirus

www.diabetes.org.uk/coronavirus-updates

Or visit

www.diabetes.org.uk/contact-coronavirus

for more ways to get in touch.