

## Managing Worry about COV-19 and Type 1 & Type 2 Diabetes

We know that things feel a little scary and uncertain at the moment. Your experience of living with Type Diabetes and the stresses and uncertainties it brings will make you more prepared to cope with this situation more than most people.

If you're finding yourself worrying, it might help to try to focus on the things that you can control in your life.

### Things you CAN control

Focusing on these can help your body and mind

#### KNOW YOUR SICK 'SICK DAY RULES'

If unsure, check out [www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness](http://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness)

#### CHECK OUT YOUR JOB POLICY

Regarding sickness / time off

#### KNOW THE SYMPTOMS OF COVID-19 AND & WHAT TO DO

Check out symptoms and what you should do if you start experiencing these, using 111 & NHS Direct website

#### KEEP UP-TO-DATE WITH RECOMMENDATIONS

Public Health England, World Health Organisation (WHO) and Gov.uk websites give current procedures and recommendations

#### TAKE PRECAUTION

Try to keep Blood Glucose in range, ensure you have hypo treatments available and repeat prescriptions of kit such as blood test strips, if needed

#### LOOK AFTER YOUR BODY

Try to make good food choices – this could be your chance to expand your cooking skills! Try to maintain a good exercise level.

#### LOOK AFTER YOUR MIND

Keep in touch with friends and family  
If you're isolating, remember to care for yourself mentally

#### SAY "NO" AND ASK FOR HELP

Feel confident in saying "no" and ask for help if you feel you need it

**WASH YOUR HANDS!**

### Things you CAN'T control

Focusing your worry on these won't help you

#### BEING MORE VULNERABLE

Having Diabetes may make you more vulnerable, if you are not well controlled to becoming unwell if you should catch the virus.

#### OTHER PEOPLE'S FEELINGS, OPINIONS OR ACTIONS

Do what you are able to do and try to get stuck in other people's stuff

#### WHO CATCHES IT

You do not have control over who catches it. Just try to be supportive and understanding for the people who do get COVID-19

#### IF I CATCH IT

It is not your fault if you catch COVID-19. Be kind and compassionate to yourself

#### SCARE STORIES AND THE MEDIA

Get your news from reliable sources. It's OK to take a break from the news if it feels too much

#### THINGS GETTING CANCELLED

This can be really disappointing and a hard decision to make, especially if you are the one doing the cancelling, BUT do what is safe and what is needed

#### CASES HAPPENING CLOSE TO ME

This can be scary and may make you feel anxious. Do the best you can to keep yourself and those around you safe

#### WHAT'S IN THE SHOPS

You can't control the availability of supplies. Try to be patient and try not to panic buy.

#### AVAILABILITY OF HEALTHCARE STAFF & APPOINTMENTS

It may be more difficult to contact your healthcare team or attend appointments. However, there are likely to be alternative options such as phone or Skype appointments

#### NEEDING TO SELF-ISOLATE IF SYMPTOMATIC

If you have been advised to self-isolate and have to miss work, school or appointments; this is okay and the best course of action to stop the spread of the virus