



Advice for People with Diabetes during COVID-19

Your Diabetes Specialist Nurses are here to help you during this difficult time.



- ADVICE
- MANAGEMENT
- SUPPORT

CONTACT INFO

Email-dhc.dsn@nhs.net

Phone-[01305 363057](tel:01305363057)

Please note this is not an emergency phone line and is only in operation during COVID-19

If you or your patients need advice regarding their diabetes we can be contacted as above.

We will need patient name, GP Surgery, NHS number, contact details and we will get back to you as soon as possible.

This Phone line will be checked at: 9AM 12PM 4PM



SICK DAY RULES for Type 1, Type 1 Pump and Type 2 Patients For Patients, Carers and Healthcare Professionals

<https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/2.-Covid-19-Diabetes-Sick-Day-Rules-Type-1-MDI-06042020.pdf>

<https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/1.-Covid-19-Diabetes-Sick-Day-Rules-Crib-Sheet-Type-1-Pump-06042020.pdf>

<https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2020/04/3.-Covid-19-Type-2-Sick-Day-Rules-Crib-Sheet-06042020.pdf>

For all the latest government measures, go to www.gov.uk/coronavirus

Everyone must now stay at home except in exceptional circumstances. This includes people with diabetes. You will only be able to leave your home for:

- basic necessities, like food and medicine
- exercise once a day
- any medical need or to care for a vulnerable person
- going to and from work, and only if this can't be done at home, such as for key workers

If you do need to go outside for any of these reasons, you should still follow strict social distancing measures. This means keeping 2 meters apart from other people and washing your hands as soon as you get home.