





## LOOKING AFTER YOUR DIABETES DURING COVID-19 PANDEMIC

Some diabetes services have been disrupted during the covid-19 pandemic. The following is to help you look after yourself during this time.

<p><b>Looking After Yourself</b></p>  <p><b>Keep well</b> by taking your usual medication as prescribed, following a healthy diet and taking regular exercise if you can. These are the most important things you can do for your health.</p>	<p><b>Seeking Help</b></p> <p><b>Know when to call for help</b> and who to call. Both Primary Care &amp; Secondary Care services are open for those who need it and changes have been made to make it safe to attend. Local contact .....</p>
 <p><b>Reduce Your Risk</b> of catching covid-19 infection by following all the local rules, frequent hand washing, maintaining social distancing and wearing a mask. (see <a href="http://www.diabetes.org.uk/coronavirus">www.diabetes.org.uk/coronavirus</a> for guidance).</p>	<p><b>Seek help</b> on this contact number if:</p> <p>Your glucose levels become persistently higher than usual.          You have frequent or recurrent hypoglycaemia (glucose levels below 4mmol/l)          You are planning a pregnancy or are pregnant.          You are unsure what to do with your diabetes.</p>
<p><b>Make sure you have your FREE influenza (flu) vaccination.</b></p>  <p>This is really important to protect you from Influenza since at a time when COVID-19 is a health risk. This can be arranged by your GP surgery.</p> <p><b>If you are feeling unwell</b>          Follow <b>sick day rules</b> if you are feeling unwell. (See web addresses below)          For people living with Type 1 diabetes:</p>	<p><b>Urgent help required if:</b></p> <ul style="list-style-type: none"> <li>• You are vomiting and unable to eat</li> <li>• You feel unwell</li> <li>• You have become drowsy or breathless</li> <li>• You have abdominal pain</li> <li>• You have significant ketones:</li> </ul> <p><b>Contact your GP, Ring 111 or in case of an emergency ring 999.</b></p>  <p><b>If you require urgent Podiatry advice</b> or have a query regarding your Podiatry or Orthotic treatment, please get in touch on the following number: 01633 615225 (Mon-Fri)</p>

[http://trend-uk.org/wp-content/uploads/2020/03/A5\\_T1Illness\\_TREND\\_Final.pdf](http://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_Final.pdf)

For people living with Type 2 diabetes:

[http://trend-uk.org/wp-content/uploads/2020/03/A5\\_T2Illness\\_TREND\\_Final.pdf](http://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_Final.pdf)

Select Option 1 for Podiatry or Option 2 for Orthotics Or alternatively by email:  
Podiatry Email: [ABB.RiscaPodiatry@wales.nhs.uk](mailto:ABB.RiscaPodiatry@wales.nhs.uk) Orthotics Email: [ABB.OrthoticsAdmin@wales.nhs.uk](mailto:ABB.OrthoticsAdmin@wales.nhs.uk)  
Please see ABUHB Website for advice and leaflets. : <https://abuhb.nhs.wales/hospitals/a-z-hospital-services/podiatry-orthotics/>



### Looking after your eyes

**Diabetes Eye Screening Wales (DESW) is restarting.**

If you have a concern about your vision, please either contact your GP, your Optician or your local eye emergency department.



**This is a time of high stress and anxiety**

Resources to help with this can be found at [www.diabetespsychologymatters.com](http://www.diabetespsychologymatters.com)



### Dietetic Info

Please see Video Links to prediabetes and type 2 diabetes awareness:

**What is prediabetes and type 2 diabetes?**

[www.youtube.com/watch?v=WEOxNV3xq58](http://www.youtube.com/watch?v=WEOxNV3xq58)

**An introduction to carbohydrates**

[www.youtube.com/watch?v=94NYwxXC9LY](http://www.youtube.com/watch?v=94NYwxXC9LY)

**Applying the Eat Well Guide**

[https://www.youtube.com/watch?v=oJ\\_koDW-iTo](https://www.youtube.com/watch?v=oJ_koDW-iTo)

**Self-care, monitoring and self-management**

[www.youtube.com/watch?v=OpvICLMzIMIMs](http://www.youtube.com/watch?v=OpvICLMzIMIMs)

If you would like to know more regarding diet and diabetes we run a structured education programme called X-PERT. For more information on this contact your GP/Practice nurse .

### Pocket Medic Films

Short films made in Wales by people with diabetes and their healthcare professionals. These will help support you with various aspects of your diabetes.

#### Pre-diabetes

[www.medic.video/cv-pre](http://www.medic.video/cv-pre)

#### Type 2 Diabetes

[www.medic.video/cv-type1](http://www.medic.video/cv-type1)

#### Type 1 – Teenagers

[www.medic.video/cv-t1teen](http://www.medic.video/cv-t1teen)

#### Type 2 Diabetes

[www.medic.video/cv-type2](http://www.medic.video/cv-type2)

#### Gestational Diabetes

[www.medic.video/cv-gest](http://www.medic.video/cv-gest)

#### BAME T2 Community Introduction

[www.medic.video/cv-bame](http://www.medic.video/cv-bame)