

# COVID-19 and Diabetes Resources



## Take Precautions:

Clean and wash your hands often with soap and water for at least 20 seconds. You may also use a hand sanitizer that contains at least 60% alcohol. Avoid touching surfaces in public places like elevator buttons, door handles, handshaking, etc. Avoid touching your face, nose, eyes, etc. In your home routinely clean frequently touched surfaces like doorknobs, light switches, handles, faucets and cell phones. Avoid crowds and avoid all non-essential travel.



## Stock up on Medications and Supplies:

Refill prescriptions so you always have enough insulin and medications for the next 2-4 weeks ahead. During this time, you may be able to refill your 30-day prescriptions early and in some cases up to 90 days. You may also consider home delivery of medications to minimize exposure risk. Ask your pharmacist about free delivery options.



## Be Prepared:

Gather your supplies and include the phone numbers of your healthcare team, pharmacy and insurance provider. Keep a list of medications and dosing including vitamins. Keep simple carbs like regular soda, honey, hard candy or popsicles to help keep your blood sugar up if you are at risk for lows. Keep items like Glucagon and ketone strips in case of lows or highs and enough household items including groceries. Talk to your health care team about your “sick day management plan” that includes how often to check your blood sugar, when to check for ketones, medications you should use for colds, flu, virus and infections. Ask about any changes to your diabetes medications you might need to make if you do get sick.



## Telehealth:

Take advantage of telehealth services by calling your health care providers to find out if they are partaking in telehealth visits. They may be able to assist you in figuring out if your insurance covers these visits.



## General Diabetes Resources

### COVID-19 and Diabetes

- ADA Center for Information: 1-800-DIABETES
- [CDC: COVID-19](#)
- [DiaTribe: Coronavirus preparation strategies](#)
- [Health Insurance Providers Respond to Coronavirus \(COVID-19\)](#)
- [Know Your Rights: COVID-19](#)
- [Medscape Diabetes & Endocrinology: Dr. Anne Peters Video](#)
- [TCYOD: COVID-19 Video](#)

### Sick Day Management Planning

- [American Diabetes Association](#)
- [The Diabetes Disaster Response Coalition](#)

### Insulin and Diabetes Supply

- [CVS Free RX Home Delivery Service](#)

- Emergency Diabetes Supply Hotline:
- 1-314-INSULIN
- [Insulin Help for Patients](#)
- [Lilly Insulin Value Program: \\$35 Copay](#)

### Social and Behavioral Health for Children/Parents

- [Coping with Traumatic Events \(video\)](#)
- [Coping and Staying Emotionally Well During COVID-19 School Closures](#)
- [Taking Care of Your Mental Health During and Infectious Disease Outbreak](#)

### Social and Behavioral Health for Responders

- [Mental Health and COVID-19 Information and Resources](#)

## Type 1 Diabetes Resources

- [JDRF: Coronavirus](#)
- [T1Dtoolkit for Sick Days](#)

## Schedule a Telemedicine Appointment

- Miami Beach Community Health Center: (305) 538-8835
- Jessie Trice Community Health Center: (305) 637-6400



If you have any questions on resources please contact one of the following UF Project ECHO Diabetes Support Coaches.

#### ECHO Diabetes Support Coach:

Leon Bain

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#### ECHO Diabetes Support Coach (Speaks Spanish):

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