What is COVID-19?
COVID-19 is a virus that makes it very hard for a person to breathe. COVID-19 can be passed from person to person.

Will I get Covid-19 because I have diabetes?
No, not all people with diabetes will get COVID-19. Because people with diabetes already have a weak body system, you can get COVID-19 easier than people without diabetes. People with diabetes can get very sick from COVID-19.

How can I protect myself?
Follow these tips to stay healthy and safe:
• Do not get too close to people who are sick.
• Do not touch your eyes, nose, and mouth with your hands.
• Do not stand too close to people who are not in your household. Stay 6 feet apart.
• Cover your mouth and nose with a mask when around others.
• Clean surfaces you use every day.
• Wash hands often with soap and water for at least 20 seconds.
• Wash hands before and after checking blood sugar.

If you have diabetes, closely follow your diabetes care plan for better blood sugar control. This is good advice to use every day.
How can I prepare in case I get sick?
For people with diabetes, make sure you have supplies to manage your diabetes:

- Blood sugar testing supplies.
- Ketone testing supplies in case of high blood sugar.
- Fast-acting carbs to treat low blood sugar (glucose tabs, juice, hard candies).
- Severe low blood sugar emergency kit (glucagon).
- Extra medicine in case of emergency. If you get sick, ask family or friends to pick up your medicine.
- If using a continuous glucose monitor (CGM), have sensors, a backup meter, and testing supplies.
- If using an insulin pump, talk to your doctor about a backup plan.

If you have diabetes, closely follow your diabetes care plan for better blood sugar control. This is good advice to use every day.

For more information, visit: www.alabamaready.info

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