@DrRoseStewart
@AugardeSophie

Managing worry about COVID-19 and Type 1 diabetes

We know that things feel a little scary and uncertain at the moment. Your experience of living with Type 1 Diabetes and the stresses and uncertainties it brings will make you more prepared to cope with this situation 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

Focussing on these can help your body and mind

KNOW YOUR 'SICK DAY RULES'

if unsure, check out www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/illness

CHECK OUT YOUR JOB POLICY

Regarding sickness/time off

CONTACT DETAILS

Make sure your contact details are up-to-date with your hospital

KNOW THE SYMPTOMS OF COVID-19 & WHAT TO DO

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

CANCEL YOUR OUTPATIENT APPOINTMENTS IF YOU ARE EXPERIENCING SYMPTOMS

KEEP UP-TO-DATE WITH RECOMMENDATIONS

Public Health Wales, 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

Focussing your worry on these won't help you

BEING MORE VULNERABLE

Having T1D may make you more vulnerable 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 not 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