

# Looking after your diabetes during the 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.

## Looking after yourself



**Keep well** by taking your usual medication as prescribed, following a healthy diet and taking regular exercise if you can. These are the most important things to do for your health.



**Reduce your risk** of catching COVID-19 infection by following all the local rules, frequent hand-washing, maintaining social distancing and wearing a mask. (See [diabetes.org.uk/coronavirus](https://diabetes.org.uk/coronavirus) for guidance)



### **Make sure you have your FREE influenza (flu) vaccine**

This is really important to protect you from influenza at a time when COVID-19 is also a health risk. This can be arranged at your GP surgery.



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

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

## Seeking help

**Know when to call for help** and who to call. Both primary care services and secondary care services are open for those who need it and changes have been made to make it safe to attend.

Local contact \_\_\_\_\_

**Seek help** on this contact number if:

- 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 about your diabetes medication

### **Urgent help required if:**

- You are vomiting or unable to eat
- You feel unwell
- You become drowsy or breathless
- You have abdominal pain
- You have significant ketones

Contact your GP, NHS 111  
or in case of emergency dial 999



GIG  
CYMRU  
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WALES

Grŵp Gweithredu  
Diabetes  
Diabetes  
Implementation Group

## Using web addresses



The symbol of the left indicates where there is a web address for more information on the internet. Follow these steps to find the internet pages.

- Go to your internet homepage (Google chrome, e-explorer, Microsoft edge, Safari)
- Type the web address (exactly as it is written)
- Press the "enter" key on your keyboard

## If you are feeling unwell:

Follow **Sick day rules** if you are feeling unwell.

(See the web addresses below)



- For people living with **type 1 diabetes**  
[https://trend-uk.org/wp-content/uploads/2020/03/A5\\_T1Illness\\_TREND\\_FINAL.pdf](https://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf)



- For people living with **type 2 diabetes**  
[https://trend-uk.org/wp-content/uploads/2020/03/A5\\_T2Illness\\_TREND\\_FINAL.pdf](https://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_FINAL.pdf)

## REMEMBER, Your local authority is there to help you too

Examples include; access to food, collecting medicines or support from voluntary groups.

A list of telephone numbers for local authorities is attached. See the Welsh Government website at [gov.wales/help-vulnerable-local-authorities-and-voluntary-groups](http://gov.wales/help-vulnerable-local-authorities-and-voluntary-groups)



## If you develop a foot problem:

My podiatry contact\_\_\_\_\_

You can check your feet using the touch your toes test on the following link: <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/touch-the-toes>



### If you develop a new foot problem, you can contact local podiatry services (numbers below)

- **Betsi Cadwaladr** Podiatry Service  
West area - 03000 850050  
East and Central areas - 03000 850002  
email - [bcu.podiatryrah@wales.nhs.uk](mailto:bcu.podiatryrah@wales.nhs.uk)
- **Cardiff and Vale** Podiatry Service  
02920 335135/134
- **Aneurin Bevan** Podiatry Service 01633 615225
- **Cwm Taf Morgannwg** Podiatry Service  
01443 443003/5
- **Hywel Dda** Podiatry Service 01267 227058
- **Powys** Podiatry Service 01686 613200
- **Swansea Bay** Podiatry Service 0300 300

## 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.



[www.phw.nhs.wales/services-and-teams/screening/diabetic-eye-screening-wales/screening-during-the-coronavirus-pandemic/](http://www.phw.nhs.wales/services-and-teams/screening/diabetic-eye-screening-wales/screening-during-the-coronavirus-pandemic/)

## Pocket Medic Films

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



### Pre-diabetes

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

### Type 1 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)

## Eating healthily and exercising:

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

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

## BAME Helpline Wales is now open: Mon – Fri 10:30am – 2:30pm

Helpline advisors can provide information in:

- Health
  - Welfare Entitlements
  - Education
  - Housing
  - Personal Safety
  - Work
- Call 03002225720      Text 07537432416      Or visit [www.bame.wales](http://www.bame.wales)

