

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 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

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



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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



- For people living with **type 2 diabetes**
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



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
- **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/

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

Type 1 Diabetes

www.medic.video/cv-type1

Type 1 Teenagers

www.medic.video/cv-t1teen

Type 2 Diabetes

www.medic.video/cv-type2

Gestational Diabetes

www.medic.video/cv-gest

BAME T2 Community Introduction

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

An introduction to carbohydrates

www.youtube.com/watch?v=94NYwxXC9LY

Applying the Eat Well Guide

www.youtube.com/watch?v=oJ_koDW-iTo

Self-care, monitoring and self-management

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

