**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** | **Seeking help** |
| **Keep well** by taking your usual | **Know when to call for help** and who to call. |
| medication as prescribed, following a | Both primary care services and secondary care |
| healthy diet and taking regular exercise if | services are open for those who need it and |
| you can. These are the most important | changes have been made to make it safe to |
| things to do for your health. | attend. |
|  | Local contact  |
| **Reduce your risk** of catching COVID-19 | **Seek help** on this contact number if: |
| infection by following all the local rules, | Your glucose levels become persistently |
| frequent hand-washing, maintaining | higher than usual |
| social distancing and wearing a mask. | You have frequent or recurrent |
| (See diabetes.org.uk/coronavirus for | hypoglycaemia (glucose levels below |
| guidance) | 4mmol/l) |
|  | You are planning a pregnancy or are |
| **Make sure you have your FREE influenza (flu) vaccine**This is really important to protect you | pregnantYou are unsure what to do about your diabetes medication |
| from influenza at a time when |  |
| COVID-19 is also a health risk. This can be arranged at your GP surgery. | **Urgent help required if:**You are vomiting or unable to eat |
|  | You feel unwell |
| **This is a time of high stress and anxiety**Resources to help with this may be found at [www.diabetespsychologymatters.com](http://www.diabetespsychologymatters.com/) | You become drowsy or breathless You have abdominal painYou have significant ketones Contact your GP, NHS 111or in case of emergency dial 999 |



**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-](http://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)**

**Aneurin Bevan** Podiatry

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

## 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

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

# 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.](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/)