

## Information on Coronavirus (COVID-19) and Diabetes: Update 26/3/2020

If you have diabetes, you are at increased risk of severe illness from coronavirus (COVID-19). There is very limited information about who with diabetes is most at risk of developing problems. The following gives information on key areas to minimise your risk during this challenging time.

1. **General advice on COVID-19:** up to date information on what COVID-19 is, the symptoms you can get, social distancing and self isolation can be found on the Scottish Government website NHS inform at: <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>
2. **Advice on diabetes and COVID-19:** up to date information can be found on the Diabetes UK website at: [https://www.diabetes.org.uk/about\\_us/news/coronavirus](https://www.diabetes.org.uk/about_us/news/coronavirus)
3. **Diabetes and attendance at work:** The diabetes team CANNOT give personalised advice about whether you should go to work. Please follow Government advice as it evolves.

### Things to Consider

1. **Be informed** - familiarise yourself with the most up to date guidance on COVID-19 as detailed above.
2. **Be vigilant** - ensure you are aware of sick day rule guidance and follow this if you are unwell. Sick day guidance varies depending on your type of diabetes and the treatment you are on. Further information can be found for type 1 diabetes and type 2 diabetes <https://www.mydiabetesmyway.scot.nhs.uk>
3. **Be prepared** - ensure you have an adequate supply of medication, glucose monitoring equipment and if applicable ketone monitoring equipment & insulin pump supplies.
4. **Be advised** - all retinal screening and routine out-patient appointments have been suspended until further notice (see below).
5. **Be mindful** – looking after your mental as well as physical wellbeing is also important. Further resources can be found at: <https://www.headspace.com/>

### Need advice from your Diabetes Team?

Routine clinic appointments have been cancelled for the foreseeable future. However, we are still available to support you and will respond to your request as soon as feasibly possible. Please use the contact information below:

For patients attending either the [Queen Elizabeth](#) or the [Victoria](#) Clinics:

Mobile: **07943 585884** Landline: **0141 347 8285**

Email: **gg-uhb.southglasgowdiabeteshub@nhs.net**

For patients attending the [Gartnavel](#) Clinic:

Mobile: **07943 585907** Landline: **0141 211 3136**

Email: **gg-uhb.northwestglasgowdiabeteshub@nhs.net**

For patients attending the [Stobhill](#) Clinic:

Landline: **0141 355 1078**

Email: **DSNnorth@ggc.scot.nhs.uk**

For patients attending the [Royal Alexandra](#) or [Vale of Leven](#) Clinics:

Landline: **0141 314 6639**

For patients attending the [Inverclyde](#) Clinic:

Landline: **01475 504868**

