

**Tips to Protect the Immune Systems for Persons with Diabetes during the COVID 19 Emergency Period**

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<b>P</b>	<b>Pay</b> attention to portions of high ADDED sugar foods to help stay in blood sugar target range 80-180 mg/dl or as suggested
<b>R</b>	<b>Reduce</b> or eliminate alcohol intake- this may cause erratic blood sugar levels and disrupt sleep
<b>O</b>	<b>Occupy</b> extra time with activities that are positive, productive or pleasing to you
<b>T</b>	<p><b>Take</b> these proven steps to avoid contracting harmful viruses and bacteria:</p> <ul style="list-style-type: none"> <li>• Wash hands frequently</li> <li>• Use hand sanitizer often</li> <li>• Sanitize commonly used surfaces often</li> <li>• Sneeze and cough in your sleeve</li> <li>• Practice social distancing</li> <li>• Cook meats and seafood thoroughly</li> <li>• Wear disposable gloves when shopping, pumping gas, etc. ....and discard after</li> <li>• Avoid crowds and contact with the public as much as possible</li> <li>• Stay home if you are sick</li> <li>• Adhere to the guidelines by the Centers for Disease Control and Prevention (CDC)...and those by your diabetes care team</li> </ul> <p><b>Tap</b> into financial assistance programs to help reduce your prescription drug costs...if needed (your diabetes care team can help)</p>
<b>E</b>	<b>Exercise</b> to the best of your ability or just break up sitting ( 3 minutes of movement for every 30 minutes sitting)
<b>C</b>	<p><b>Consume</b> fruits and vegetables daily. Fresh, canned (water/ juice packed), frozen are all great!</p> <p><b>Contact</b> your diabetes care team when: not feeling well; have a <b>fever</b>; or if your blood sugar is consistently too high to too low</p>
<b>T</b>	<b>Try</b> easy to prepare nutritious foods (like sandwiches, omelets, oatmeal) for low effort and budget friendly nutrition
<b>I</b>	<b>Identify</b> your own best ways to reduce your stress...and just do it...every day!
<b>M</b>	<b>Make</b> a bit of room for some fun and pleasure foods. Allow yourself to enjoy and savor them.
<b>M</b>	<b>Make</b> sure to stay well-hydrated every day with water and sugar-free beverages (if caffeine makes you jittery, try to reduce)
<b>U</b>	<b>Utilize</b> your family and friend connections as much as possible, as their love and support are important to your well-being
<b>N</b>	<p><b>Navigate</b> to your health plan’s approved telehealth platforms (telephone; computer; tablet; select smart phone apps; and select Bluetooth®-enabled blood glucose meters, continuous glucose monitoring systems, insulin pumps) to obtain needed services*:</p> <ul style="list-style-type: none"> <li>• Diabetes self-management training/education and support (furnished by diabetes care and education specialists)</li> <li>• Medical nutrition therapy (furnished by registered dietitian nutritionist)</li> <li>• Remote patient monitoring</li> <li>• Chronic care management</li> <li>• Medical patient assessments and re-assessments</li> <li>• Visits with your physician, nurse practitioner, physician assistant or clinical nurse specialist</li> </ul> <p>*Medicare and Medicare Advantage Plan beneficiaries: services listed are covered when patient and provider eligibility criteria are met. They are also available via select telehealth platforms (not requiring in-person visit) during the COVID 19 emergency period.</p>
<b>I</b>	<b>Include</b> adequate rest including set bedtime hours (7-9 / night) and consider avoiding TV/ screens/ news an hour before.
<b>T</b>	<p><b>Test</b> your blood sugar regularly so you...and your diabetes care team...can make needed adjustments in your diabetes care plan</p> <p><b>Take</b> your prescription...and over-the-counter medications...as prescribed</p>
<b>Y</b>	<b>You</b> are doing the best you can- <i>and this may look different every day!</i> <b>There is no perfect- be kind to yourself!</b>