# COVID-19 & DIABETES RESOURCES

UF Diabetes Institute UNIVERSITY of FLORIDA

Project ECHO University of Florida

### Minimize risk of transmission:

Illness and infection complicate diabetes management. Healthcare providers (HCPs) should encourage people with diabetes to follow CDC recommendations for preventing transmission of the virus.

### Prepare for "sick day" management:

HCPs can help people with diabetes prepare for the possibility of infection by creating "sick day" management plans and ensuring patients have adequate (14-30 days) supplies of insulin and medications, blood glucose testing strips, ketone test strips, glucagon, and sugary and non-sugary foods and drinks.

### Remote Monitoring:

Take advantage of expansion of telehealth services with 1135 waiver to schedule follow-up phone calls or virtual visits with patients with diabetes in place of non-essential in-person clinic visits.

### Medications:

State of emergency declaration lifted prescription refill restrictions; patients may get early 30-day supply refills of certain medications and also up to 90 day supply medications. For high risk patients (advanced age, other comorbidities) may consider home delivery of medications to minimize exposure risk.

## GENERAL DIABETES RESOURCES

### COVID-19 and Diabetes:

- ADA Center for Information: 1-800-DIABETES
- CDC: COVID-19
- DiaTribe: Coronavirus preparation strategies
- Health Insurance Providers Respond to Coronavirus (COVID-19)
- ISPAD Statement on Coronavirus infection (COVID-19) and children with diabetes
- Medscape Diabetes & Endocrinology: Dr. Anne Peters Video
- Partnership Health Plan California COVID-19 Information
- TCYOD: COVID-19 Video

### Social and Behavioral Health for Responders:

- CDC: Responder Coping
- FREE Headspace for Providers (need NPI)

### Sick Day Management Planning:

- ADCES (Association of Diabetes Care & Education Specialists)
- American Diabetes Association
- The Diabetes Disaster Response Coalition

### Insulin and Diabetes Supply:

- Emergency Diabetes Supply Hotline: 1-314-INSULIN
- Insulin Help for Patients

### Social and Behavioral Health for Children/Parents:

- CDC: Helping Children Cope in Emergencies
- Coping with Traumatic Events (video)
- Coping and Staying Emotionally Well During COVID-19 School Closures
- Taking Care of Your Mental Health During and Infectious Disease Outbreak

## TYPE 1 DIABETES RESOURCES

- JDRF: Coronavirus
- JDRF: Switching Between Insulin Products in Disaster Response Situations
- T1Dtoolkit for Sick Days

If you have any questions on resources please contact one of the following University of Florida Project ECHO Diabetes Hub team members:


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