



DIABETES



Diabetes is when there is too much sugar in your blood and is often treated with different types of medications

Diabetes can affect people at any age.



These are some common signs of high blood sugar:

- Increased and frequent urination
- Increased thirst and hunger
- Blurry vision
- Tingling in hands and feet

SIGNS OF LOW BLOOD SUGAR

- Increased sweating
- Tremor
- Hunger
- Confusion
- Anxiety
- Faintness

IF YOU EXPERIENCE THESE SYMPTOMS CHECK YOUR BLOOD SUGAR IMMEDIATELY

You may need to eat some food to bring your blood sugar to normal levels. (>70mg/dL)

If you have diabetes or you want to lower your risk you should do the following:

- Manage your weight
- Moderate intensity exercise for 150min/week
- Check blood sugar regularly with a glucometer.
- Take your medications regularly and on time to prevent fluctuations in blood sugar



Diabetes might increase risk for severe illnesses from COVID-19.

Tips to protect myself from COVID19:

- Use blood glucose meters to limit exposure to COVID-19 by reducing interactions between you and your provider.
- Get the COVID-19 vaccine where available in your county.



COVID-19 VACCINE & DISEASE
STATE INFOGRAPHICS:

[HTTPS://TINYURL.COM/AMCPHEALTHHELPER](https://tinyurl.com/AMCPHEALTHHELPER)

Text (402) 732-2627 to learn more about the COVID-19 vaccine.

SCAN ME