

Got diabetes?

Let's get your sugars sorted and fight COVID 19 together.

Know the signs

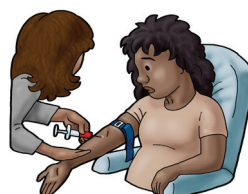
Go see a doctor if you:

☀️ Develop a fever ☀️ Have a sore throat ☀️ Have trouble breathing ☀️ Feel unwell



Stay Healthy

- ☀️ Make better food choices and watch your diet
- ☀️ Exercise regularly
- ☀️ Take care of your mind, take time out
- ☀️ Alcohol is no-good for you



Know your blood glucose levels

- ☀️ If you have a machine at home, keep monitoring
- ☀️ **Check in with your doctor/clinic when you can**



Take your medication

- ☀️ Keep taking your medication as talked about with your doctor
- ☀️ Have enough medication at home in case you need to isolate for 2 weeks

What people with **DIABETES** need to know about COVID 19



- ☀️ Don't share food, drinks, smokes
- ☀️ Avoid crowds
- ☀️ Wash your hands

Don't forget this:

If you have kidney problems and on dialysis it is important you continue your treatment to keep your blood clean and fluid doesn't build up.

Call us on **1300 001 880**


diabeteswa[®]

If you've got it, we get it.