



COVID-19 & Diabetes Concerns

Do you or someone you care for have Diabetes?

Do you want to know where you can access information to support your diabetes management during the COVID-19 pandemic?

Then please go the Diabetes UK website for up to date information:

https://www.diabetes.org.uk/about_us/news/coronavirus

If you have coronavirus symptoms, however mild:

- Do not go to a GP surgery, pharmacy or hospital.
- Follow the advice of your GP practice, practice nurse or diabetes team regarding your medication.

If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency, dial 999.

For more information about Type 1 and 2 Diabetes, visit:

- <https://www.diabetes.org.uk/diabetes-the-basics>
- <https://www.diabetes.org.uk/guide-to-diabetes>
- Join over 35,000 people on Learning Zone for advice on what to eat and tips for managing diabetes day-to-day – all completely free and tailored to you.
 - <https://learningzone.diabetes.org.uk>

For local information about the Diabetes Service in City and Hackney, please visit:

- Website: <https://www.homerton.nhs.uk/diabetes>
- Do you have Type 1 Diabetes? Please download our new app:
 - Download “HealthZone UK” by searching for it by name in your Apple or Android app store
 - Then search for “Hackney Diabetes Centre” in the search box (it should appear when you start typing in “Hackney”)