



## COVID 19 and Diabetes



Everyone should have a plan in case they or a loved one becomes ill. For people living with diabetes, this is very important. See the helpful handout created by Diabetes Canada:

<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Campaigns/COVID-19%20and%20Diabetes/COVID-INFOprepare.pdf>.

But most importantly:

- Try to keep your blood sugars under good control.
- Eat a healthy diet.
- Walk most days of the week (aim for 150 minutes a week).
- Take all the pills and insulin you have been prescribed.
- Test your blood sugars as often as your drug plan allows.

If you have any questions, call your doctor/nurse practitioner or Wendy Kelen, RN, Certified Diabetes Educator at 613-542-2949 x 1141 at KCHC.