



Dear Members of our CHOC Diabetes Family,

We understand there are many questions and concerns about the novel coronavirus (COVID-19).

For our children with diabetes, there is no evidence this virus will be any different than most other viral respiratory illnesses. As always, an illness will require increased glucose monitoring, possible ketone testing, and increased attention to insulin and carbohydrate intake.

For type 1 diabetes- specific topics related to COVID-19, please access the JDRF site at <https://www.jdrf.org/coronavirus/>.

We will continue to offer on-site office visits, but if you or your child is sick, please stay home and notify us that you will not be attending the visit. We are working on a backup plan for people who cannot make it to their scheduled visits.

As a reminder, if any person with diabetes gets sick (from any cause), we recommend the following:

1. If you are using a glucose meter, check your glucose more often (every 2-3 hours at minimum).
2. If you are using a CGM (DexCom, Libre, etc), review the data from your continuous glucose every 1-3 hours to monitor for trends and adjust your insulin/food intake.
3. If you are on injections, ALWAYS take your long-acting insulin (Lantus, Levemir, Tresiba, basaglar), even if you are eating less. If you are experiencing overnight lows, you can decrease your dose by 10% (for example, if you use 20 units nightly, then decrease down to 18 units), but if you need to decrease further for continued low blood glucose values, please contact our office.
4. If you are using an insulin pump, continue to wear the pump for basal insulin.
5. Continue to stay hydrated by drinking lots of fluids.
6. Check for ketones if glucose readings are above 300 for more than 3 hours.
7. If you have moderate or large ketones, especially if you are vomiting, contact our office during daytime hours (714-509-8634), or our after-hours physician on evenings and weekends (714-765-7679).
8. Ensure you have your diabetes supplies, and that you are not close to running out.

Please be assured we are here to support you and ensure you and your family stay safe and healthy.

Mark Daniels, MD, & Your Diabetes Care Team
Division Chief of Endocrinology