

# Self isolating when you have diabetes

LOOKING AFTER YOUR MIND AND MAKING THE MOST OF YOUR TIME



## 1.) COVER THE BASICS

Make sure you know your sick day rules, and that you've got any diabetes supplies you might need like hypo treatments or blood glucose/ketone testing strips sorted. Try to maintain a healthy lifestyle at home, and avoid drinking to excess or smoking. Don't forget to let friends and family know you're isolating and keep them regularly updated.

## 2.) DON'T PANIC!

The evidence so far shows that **as long as your diabetes is well managed and you follow your sick day rules**, your risk of serious illness shouldn't be significantly higher. So keep calm and stay on top of your blood glucose.



## 3.) SET YOURSELF GOALS

Now could be a great time to do some online diabetes education or to assess and refresh your carb counting skills. Check out [www.T1resources.uk](http://www.T1resources.uk) or the Diabetes UK website for links to resources. If there's a book, project or game you've been meaning to start but haven't had time, now's your chance!

## 4.) LOOK AFTER YOUR MIND

If following the news is making you anxious, switch off for a while or limit yourself to one or two checks per day. Make time for soothing activities to help you relax and heal; things that have worked well for you in the past are likely to be the most helpful to you now.



## 5.) CONNECT WITH YOUR COMMUNITY

You are not alone. There is a vibrant and active diabetes support community on social media. Search for groups on Facebook or look for Twitter or Instagram hashtags like #DOC, #GBDOC, #T1D, #T2D

## 6.) USE THIS TIME AS AN OPPORTUNITY

We rarely get time to switch off nowadays. This time could give you a valuable opportunity to recharge and reconnect with yourself and what's important to you.

