COVID-19 & Diabetes Resources

**Minimize risk of transmission:**
Illness and infection complicate diabetes management. Healthcare providers (HCPs) should encourage people with diabetes to follow CDC recommendations for preventing transmission of the virus.

**Prepare for sick day management:**
HCPs can help people with diabetes prepare for the possibility of infection by creating "sick day" management plans & ensuring patients have adequate (14-30 days) supplies of insulin and medications, blood glucose strips, ketone strips, glucagon, sugary & non-sugary foods, and drinks.

**Remote Monitoring:**
Take advantage of expansion of telehealth services with 1135 waiver to schedule follow-up phone calls or virtual visits with patients with diabetes in place of non-essential in-person clinic visits.

**Medications:**
State of emergency declaration lifted prescription refill restrictions. Patients may get early 30-day supply refills of certain medications and up to 90-day supply medications. For high-risk patients (advanced age, other comorbidities), consider home delivery of medications to minimize exposure risk.

**Health Literacy Project:**
COVID-19 Health Literacy Project: Fact sheets in over 30 different languages for all ages. Covers multiple subjects and is not diabetes specific.

**Remote Monitoring**
- Tidepool for Telemedicine
- CMS Removes Restrictions around RNs and Pharmacists Furnishing DSMT via Telehealth
- CMS Loosen Requirements for Obtaining a Continuous Glucose Monitor During COVID-19
- DiaTribe: Outcomes Beyond A1C

**Individualizing Inpatient Diabetes Care:**
COVID in Diabetes: Open-access page with algorithms developed by Emory University to individualize inpatient diabetes management during the COVID-19 Pandemic.

**Insulin Assistance & Diabetes Supply:**
- Emergency Diabetes Supply Hotline: 1-(314)-INSULIN
- ADA Insulin Help for Patients
- Getinsulin.org

**Sick Day Management**
- ADCCES: Adult Sick Day Management
- ADCCES: Adult Sick Day Management Spanish
- ADCCES: Child Sick Day Management
- ADCCES: Child Sick Day Management Spanish
- ADCCES: Diabetic Ketaocidosis
- ADCCES: Diabetic Ketaocidosis Spanish
- T1DToolKit for Sick Days

**Disaster Planning**
- JDRF: Switching Between Insulin Products in Disaster Response Situations
- The Diabetes Disaster Response Coalition

**Coverage Search App:**
- Your single source of reliable and current drug coverage and restriction information.
- For iPhone and iPad in the App Store
- For Android devices in the Google Play Store

**Behavioral Health Resources**
- CDC: Helping Children Cope in Emergencies
- Coping with Traumatic Events (Video)
- Coping and Staying Emotionally Well During COVID-19 School Closures
- Taking Care of Your Mental Health During an Infectious Disease Outbreak

**Behavioral Health for Providers and Responders:**
- CDC: Responder Coping
- FREE Headspace for Providers (requires NPI)

**Type 1 Diabetes Resources**
- DiabetesWise: Helping You Find the Right Diabetes Devices for Your Life.
- JDRF: Coronavirus
- JDRF and Beyond Type 1 Alliance: Coronavirus + Diabetes
- Tidepool: Your gateway to understanding your diabetes data.

If you have any questions on resources, please contact us at diabetescovid@stanford.edu