Simple Q&A about Covid-19 and Diabetes/Obesity:

1- How does COVID-19 affect those living with diabetes?

There is not enough data to show whether people with diabetes are more likely to get COVID-19 than the general population. The problem that people with diabetes face is primary a problem of worst outcomes, not greater chance of contracting the virus.

2- Are the risks different for people with type 1 and type 2 diabetes?

COVID-19 poses a similar risk to patients with type 1 and type 2 diabetes. Patients with uncontrolled type 1 or type 2 diabetes are at increased risk for complications if they get infected with COVID-19.

People with type 1 diabetes have an increased risk of developing diabetic ketoacidosis (DKA) if infected with viral or bacterial infections. Signs of DKA include flu-like symptoms (feeling tired, weak, aches, nausea or vomiting, abdominal pain), dehydration and also a fruity smell to the breath with more rapid breathing.

3- What anticipatory measures should people with diabetes take?

People with diabetes should prepare and have the following ready:

- Contact information of health care provider
- Adequate stock of medications and supplies for monitoring blood glucose at home
- Patients should monitor their sugar levels to check for control. If not controlled, they need to contact their healthcare provider
- Follow same preventive measures indicated to all individuals (social distancing, handwashing...)
- Patients should also watch for symptoms of infection
4- What should people with diabetes do if they develop/suspect to have COVID-19 symptoms?

- Call their healthcare provider
- Call Lebanese Ministry of Public Health hotline number: 1214 or 01594459.

5- What specific measures should be taken by people with diabetes if they get infected with COVID-19?

- Follow advice of their physician regarding diabetes medications and monitoring of blood glucose
- Stay hydrated
- Be aware of the signs of hyperglycaemia (such as passing more urine than normal; especially at night, being very thirsty, having headaches, tiredness and lethargy) and signs of hypoglycaemia
- In the presence of hyperglycaemia or hypoglycaemia, get back to their physician
- Monitor blood glucose frequently throughout the day and night

6- How does COVID-19 affect those living with obesity?

- Currently, there is no evidence regarding the increased risk of COVID-19 infection in people with obesity. Based upon available information to date, those at high-risk for severe illness from COVID-19 include people with severe obesity with BMI ≥ 40 kg/m²
- Persons with obesity around the world are already at high risk for severe complications of COVID-19, by virtue of the increased risk of the chronic diseases that obesity drives.
7- What measures should be taken by people with obesity if they get infected with COVID-19?

- People with obesity are advised to follow the recommendations provided by WHO and local authority if suspected of COVID-19 symptoms.
- Take advice of their doctor and adhere to medications: people should not discontinue any medical treatment they are receiving (including Anti-Obesity Medications AOMs) without first discussing with their health care provider.
- Keep balanced diet with a regular schedule, good nutrition and an appropriate physical activity.

8- What about coping with stress and eating?

- Calming activities like yoga or meditation.
- Physical activities like walking or dancing if they can do it indoors.
- Social support: connecting to others and expressing feelings.
- Having a meal plan to control their eating:
  - Eating at set times in one location without engaging in any other activity when eating. Food could be packaged into small bags.
  - Considering keeping really tempting food out of the house.

Ma3a an al-tamaal ma3ara wa'allak?

- Al-anashShata mihadna misal biyójaj o tamal
- Al-anashShata biyídni misal al-mushi o arqaj ûa kan bimakihem vigi am li in al-mzn
- Ad-dum al-ajamsh: al-tawajhalo mu al-xerín o vawjib al-mišar
- Wujd xhét gannahal la talbik li in talb al-tamal:
  - Tolb al-tamal in awqaf madheda in mkan wajd don al-axragal li in Nyabash árhi ndon talb al-tamal. Ymkn
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Note: The above Q&A has been developed using the below publicly available resources. Please visit them for further reference:

2. JDRF: https://www.jdrf.org/coronavirus
4. The Obesity Society: https://www.obesity.org/
5. WHO: https://www.who.int/emergencies/diseases/novel-coronavirus-2019