

NOW WHAT about COVID-19?

Diabetes is one of those “underlying health conditions” that increases the chances of COVID-19 complications and death. However, with the right plan of action, you can significantly reduce your risk.

FACTS FIRST: According to experts, getting vaccinated and being mindful of your health is the best defense against the virus.

Get Vaccinated

Encourage others in your circle to get vaccinated

Maintain your self-care strategies to stay healthy

ACT ON THE FACTS:

The best way to protect against COVID-19 is to get vaccinated.

WHAT TO DO? Learn about the effectiveness and safety of the vaccines. Find a convenient location, and roll up your sleeve!

Encourage family and friends to get vaccinated.

WHAT TO DO? Speak to loved ones about the higher risk of severe COVID-19 illness. Let loved ones know they need to get vaccinated to be around each other safely, especially without masks.

Maintain self-care strategies to stay healthy.

WHAT TO DO? Eat well, participate in regular physical activity, take medications as prescribed, monitor blood sugar levels and attend all scheduled medical appointments.



Where do you plan to get vaccinated?



Who do you need to ask to get vaccinated?

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/