



## PUBLIC SERVICE ANNOUNCEMENT

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DATE: April 23, 2020

## Diabetes and COVID-19

If you have diabetes, take extra care to protect yourself during the COVID-19 pandemic. Here are some steps to stay healthy, prevent the spread of COVID-19, and prepare for potentially becoming sick:

- Drink lots of fluids.
- Check your blood sugars extra times throughout the day (generally, every 2-3 hours or more frequently if you are using a continuous glucose monitor).
- If your blood sugar is high (greater than 240mg/dl) more than 2 times in a row, check for ketones to check for diabetic ketoacidosis, a potentially fatal condition. Call your health care professional immediately if you have medium or large ketone levels.
- Some continuous glucose monitors are sensitive to acetaminophen (Tylenol). Check with finger sticks to be sure your readings are correct.
- Wash your hands and clean your injection, infusion, and finger-stick sites with soap and water or rubbing alcohol.

Crow Wing County's Department of Community Services is dedicated to providing excellent customer service and efficient management in performing its mission of promoting and protecting the health, well-being and self-sufficiency of all Crow Wing County residents. To aid in the COVID response, nutritional services through the WIC program have added flexibility and can provide additional support to eligible participants. To learn more about what we are doing or to find out if you qualify for WIC services, call (218) 824-1098 or visit our website at <https://www.crowwing.us/200/WIC-Nutrition>.

The Lifestyle Change Program can also provide support to people with prediabetes. Learn how to create a healthier lifestyle and its role in preventing diabetes in this year-long prevention program. Groups will meet with a trained lifestyle coach once a week for 16 weeks followed by eight monthly sessions (duration is one year total) to help participants set personal goals to lose weight, eat healthier and increase physical activity.

Upcoming class dates are Wednesday May 13th 1-2 pm & Thursday May 14th 10:30-11:30 am. Sign up at <http://crowwingenergized.org/national-diabetes-prevention-program/>.

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**Our Vision:** Being Minnesota's favorite place.

**Our Mission:** Serve well. Deliver value. Drive results.

**Our Values:** Be responsible. Treat people right. Build a better future.

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