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 you carb counting skills. Check out 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.