



## 抗疫小貼士對糖尿病友的重要性<sup>1</sup>：

糖尿病友的免疫系統較健康人士為弱，因此容易感染新型冠狀病毒（新冠病毒）。他們一旦受感染，徵狀和併發症亦較為嚴重，原因是糖尿病會減慢身體對新冠病毒和藥物的反應，令康復更為需時。因此，糖尿病友更應妥善控制病情、保持健康體魄，及採取適當防疫措施。

### 新冠病毒資訊<sup>2</sup>：

常見病徵：發燒、乏力、乾咳及呼吸困難

高危人士：長者或慢性病患者（如糖尿病）

主要傳播途徑：呼吸道、飛沫及接觸

潛伏期：約1至14天



### 給糖尿病友的防疫建議：

1. 如有呼吸道感染病徵，應立即求醫，切勿嘗試自行處理徵狀

2. 外出時佩戴外科口罩及注意個人衛生，避免接觸面部、鼻子及眼睛等<sup>2</sup>

3. 保持雙手清潔，以梘液和清水或含70至80%的酒精搓手液洗手，搓手時間最少20秒，尤其在觸摸面部和進食前；如廁、觸摸物件及咳嗽或打噴嚏後<sup>2</sup>

4. 打噴嚏或咳嗽時應用紙巾掩蓋口鼻，然後將紙巾棄置於有蓋垃圾箱內，再徹底潔手<sup>2</sup>

5. 定期清潔及消毒經常接觸的物件表面（如：桌面、門鎖及電掣等）<sup>3-5</sup>

6. 保養排水渠管和約每周一次，將約半公升清水注入排水口（U型隔氣口）<sup>2</sup>

7. 如廁後，將廁板蓋上才沖廁，減少病菌散播<sup>2</sup>

8. 減少外出及避免社交聚會，並與他人保持適當社交距離<sup>2</sup>

### 給糖尿病友的健康建議：

① 如常飲食，多吃天然蔬果和豆類，避免吃煎炸食物<sup>1</sup>

② 確保身體水份充足，宜飲用低糖或不含糖飲料<sup>3-7</sup>

③ 因身體不適而導致胃口欠佳的病友，應確保身邊有足夠簡單碳水化合物，如糖果或汽水以應付低血糖<sup>3</sup>

④ 如有低血糖症狀，可吃15克容易消化的簡單碳水化合物<sup>3,4,6</sup>

⑤ 留意血糖指數並作詳細記錄，特別是正在使用胰島素的病友<sup>4,6,7</sup>

⑥ 妥善控制糖尿病情：如常覆診、服用藥物、多做運動、確保睡眠充足及維持心境開朗<sup>1</sup>



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參考資料：

1. International Diabetes Federation. COVID-19 and diabetes. 2020. Available at <https://www.idf.org/aboutdiabetes/what-is-diabetes/covid-19-and-diabetes.html> (Last accessed: 6 May 2020). 2. Centre for Health Protection. Coronavirus Disease 2019 (COVID-19). 2020. Available at <https://www.chp.gov.hk/en/healthtopics/content/24/102466.html> (Last accessed: 6 May 2020). 3. American Diabetes Association. COVID-19 (Coronavirus). 2020. Available at <https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus> (Last accessed: 24 Mar 2020). 4. Diabetes Canada. Novel Coronavirus (COVID-19) and diabetes: What you should know. 2020. Available at [https://www.diabetes.ca/en-CA/media-room/news/novel-coronavirus-\(covid-19\)-and-diabetes-what-you-should-know?utm=homepage-banner-COVID19-Statement-carousel1](https://www.diabetes.ca/en-CA/media-room/news/novel-coronavirus-(covid-19)-and-diabetes-what-you-should-know?utm=homepage-banner-COVID19-Statement-carousel1) (Last accessed: 24 Mar 2020). 5. Diabetes Voice. COVID-19 and diabetes. 2020. Available at <https://diabetesvoice.org/en/news/covid-19-and-diabetes/> (Last accessed: 24 Mar 2020). 6. Diabetes Canada. Stay safe when you have diabetes and are sick or at risk of dehydration. 2020. Available at <https://www.diabetes.ca/DiabetesCanada/Website/media/Managing-My-Diabetes/Tools%20and%20Resources/stay-safe-when-you-have-diabetes-and-sick-or-at-risk-of-dehydration.pdf?ext=.pdf> (Last accessed: 24 Mar 2020). 7. International Diabetes Federation Europe. How to manage diabetes during an illness? – “Sick Day Rules”. 2020. Available at <https://www.idf.org/component/attachments/?task=download&id=2155:IDFE-Sick-day-management> (Last accessed: 24 Mar 2020).

# 給糖尿病友的 新型冠狀病毒 抗疫小貼士



## Why these tips are important for DM patients<sup>1</sup>

Diabetes patients tend to have a compromised immune system when compared to healthy individuals, making them more at risk of an infection from COVID-19. In case diabetes patients get infected, their symptom severity and complications tend to be more severe. Diabetes can also affect the body's response to the virus and to medication, affecting recovery time. Therefore, good diabetic control, maintaining a healthy body and adopting appropriate protective measures are especially important.

### Information on COVID-19<sup>2</sup>:

**Common symptoms:** fever, malaise, dry cough and shortness of breath

**High risk groups:** elderly members and chronic disease patients (e.g. diabetes)

**Mode of transmission:** through respiratory droplets and contact

**Incubation period:** typically 1 to 14 days

### Protective measure related tips for DM patients:



1. Should you experience any respiratory symptoms, consult a doctor immediately. Do not self-manage your symptoms.
2. Wear a surgical mask when going out and observe personal hygiene. Avoid touching your face, nose and eyes.<sup>2</sup>
3. Wash your hands often with soap and water or 70–80% alcohol-based hand rub for at least 20 seconds, especially before touching your face, before meals, after using the toilet, touching public facilities, coughing or sneezing.<sup>2</sup>
4. Cover your nose and mouth with a tissue when sneezing or coughing and dispose of the tissue into a covered rubbish bin. Wash your hands thoroughly afterwards.<sup>2</sup>
5. Clean and disinfect frequently touched surfaces (e.g. tables, doorknobs, light switches etc.)<sup>3–5</sup>
6. Maintain drainage pipes properly by pouring about half a litre of water into each drain outlet (U-trap) about once a week.<sup>2</sup>
7. Close the toilet lid before flushing to avoid spreading germs.<sup>2</sup>
8. Avoid going out for social gatherings and maintain appropriate social distancing from others.<sup>2</sup>

### Health related tips for DM patients:

1. Eat as usual and eat more fresh fruits, vegetables and beans. Avoid eating deep-fried foods.<sup>1</sup>
2. Stay hydrated by drinking plenty of fluids that are low or sugar free.<sup>3–7</sup>
3. Have supplies of simple carbohydrates (e.g. candies or soft drinks) at hand to treat low blood sugar if you are too ill to eat.<sup>3</sup>
4. Take 15g of easily digested simple carbohydrates if you experience low blood sugar.<sup>3,4,6</sup>
5. Pay extra attention to your glucose control and record your blood glucose testing results, especially if you are using insulin.<sup>4,6,7</sup>
6. Manage your diabetes: attend follow ups, take your medications, exercise often, have adequate sleep and maintain a healthy mindset.<sup>1</sup>

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#### References:

1. International Diabetes Federation. COVID-19 and diabetes. 2020. Available at <https://www.idf.org/aboutdiabetes/what-is-diabetes/covid-19-and-diabetes.html> (Last accessed: 6 May 2020).
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**Smart tips**  
**for DM patients**  
**during COVID-19**

