

## **NZSSD: COVID-19 Alert Level 3 and Diabetes**

New Zealand will be operating at Alert Level 3 from April 28<sup>th</sup>, which means more people can go to work and some children can return to school as circumstances dictate.

### ***Adults with diabetes working in health care settings***

For people with diabetes who work in health care settings, the NZSSD has developed assessment criteria for use by Occupational Health Physicians (on the NZSSD website). The assessment process should always include full discussion with the person with diabetes about their individual circumstances, and they should have active participation in the decision-making process, explicitly discussing risks and benefits.

### ***Children with diabetes***

For children with diabetes, the NZ Diabetes Paediatric Network group has recommended the following:

“The International Society of Paediatric and Adolescent Diabetes have noted that children with type 1 diabetes are at no increased risk compared to other children, and in general children are less affected than adults.

With respect to sending your child to school, this will depend on the level of lockdown and the caregiver’s work requirement. At level 4, no children are at school. At level 3, schools will be open for children up to year 10, year 11-13 continue to learn at home. However, at level 3, the general recommendation from the NZ government is that children should remain at home if they can, and that only if the caregiver needs to return to work should children attend school. At level 2, schools will generally be open for business, and the decision to send a child to school is up to the caregiver – for example caregivers may wish to continue distance learning.

At all alert levels, physical distancing is encouraged, and the simple measures for example washing hands to stop the spread of disease continues. If your child does get sick, follow your usual sick day management plan, do not send your child to school and contact your diabetes educator for further advice as needed”

### ***Important general advice for all people with diabetes***

The NZSSD continues to recommend the following general advice for people with diabetes during Alert Level 3:

- Stay home as much as possible
- Continue with physical social distancing practices and regular hand washing
- Wash hands for at least 20 seconds with water and soap and dry them thoroughly
- Seek routine diabetes/health care from your usual health care provider, and do not delay seeking treatment or advice
- Have the ‘flu vaccine
- Ensure sick day plan is up to date

- Continue with all regular medicines. Do not stop ACE inhibitors or angiotension receptor blockers unless advised by your health care provider
- Ensure adequate supplies of medicines, pump consumables etc, but no need to stock pile. The NZSSD has had reassurances from PHARMAC that there are no issues with insulin, other diabetes medicine or pump supplies
- Have enough household items and groceries on hand
- Have plenty of fluids available in case you become unwell
- Shop online if possible
- Check and look after your feet
- Encourage people to talk about emotions, thoughts, anxieties and feelings with their health care provider or whoever they feel comfortable talking to. Access resources on the NZSSD and DNZ websites
- As they become more active, increased self-monitoring of blood glucose levels may be necessary e.g. for hypoglycaemia