

# COVID-19 and Diabetes

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In the current global situation concerning coronavirus COVID–19, we understand many families have questions about the risk to children with diabetes. Although information about the risk of contracting the virus for children with type 1 diabetes is limited, we believe the risk is similar to the rest of the general population. In Australia, the people most at risk of getting the virus are those who have recently travelled overseas, or been in contact with someone who has the illness.

Children with type 1 diabetes are not believed to be any more immunocompromised than children without diabetes. There have been some messages in the media that people with diabetes are more susceptible to COVID-19. This is more relevant to older people with both type 1 and type 2 diabetes and not children.

However, as with any generalised illness in children with type 1 diabetes, fluctuations in blood glucose levels can result. As usual, if your child with diabetes becomes unwell, the sick day management plan, that includes regular monitoring of glucose levels and insulin dose adjustments, should be followed. You should also seek medical review for any illness, based on the government recommendations for illnesses with fevers or respiratory symptoms.

Currently, there are no special recommendations for children with type 1 diabetes in regards to COVID-19. Standard precautions as for any respiratory illness are recommended. This includes taking extra care with frequent handwashing with soap and water or an alcohol-based hand rub, covering coughs and sneezes and avoiding contact with anyone with flu-like symptoms.

The situation regarding COVID-19 is evolving rapidly, so our understanding of the risks to children with diabetes may change. Please keep up to date by accessing the Victorian Government Department of Health and Human Services website at

<https://www.dhhs.vic.gov.au/coronavirus>

Department of Paediatric Endocrinology & Diabetes

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## Information for patients, families and carers

For more health-related information on COVID-19, please visit the Victorian Government Department of Health and Human Services website at

<https://www.dhhs.vic.gov.au/coronavirus>

We advise you not to travel at this time, but if you must, please follow the travel health advice from the Australian government at <https://www.smartraveller.gov.au/>

If you are changing travel plans and require a letter confirming your child has diabetes, please contact the diabetes service at [dpedadmin@monashhealth.org](mailto:dpedadmin@monashhealth.org)

## For information



Name of department of contact person

**1234 5689** (include phone number in bold font)



Call **131 450**