

WHAT YOU NEED TO KNOW IF YOU ARE A NOMC PATIENT WITH DIABETES DURING COVID-19



PHOTO CREDIT: ELSA HAHN

NOMC's medical team has been led by Catherine Lasperches, FNP since September 2004.

WHEN TO SEEK IMMEDIATE HELP

If you are feeling sick with fever/uncontrolled blood sugar, and/or have a swollen foot or leg (with or without a wound), you may need to go the ER to get IV antibiotics.

If you have vomiting or diarrhea for more than 6 hours, have moderate to high ketones and/or have shortness of breath, seek medical care.

Make sure you call the NOMC at 504-412-1366 to let us know.

We will recommend an LCMC hospital like TOURO, UMCNO, NO East, or WJ so that we can access your records.



With all the focus on COVID-19, there is one thing each patient with diabetes needs to do every day which has nothing to do with this virus, but everything to do with your wellbeing: **Check you feet for redness or blisters.**

VISIT WWW.DIABETES.ORG

Keep up to date on the **American Diabetes Association** COVID-19 recommendations

NOMC TIPS FOR PREVENTION AND EARLY DETECTION OF COVID-19

1. Be Safe & Aware:



- Stay home. Practice **social distancing** with anyone who comes into your home.



- **Wash your hands** with soap and water frequently.
- Check your blood sugar daily. A sudden rise in your blood sugar may be the first sign of an infection.



GOAL = 100 OR BELOW 150



- Check your **temperature** daily; if above 100.4 and a cough, get tested for Covid-19.

2. Avoid Stress:



- Anxiety will **increase** your blood sugar.
- It is okay to **go outside and walk** for at least 15 minutes a day.



- **Limit your time watching the news**; instead, watch movies or TV shows, read books, or listen to music that brings you joy.

3. Watch Your Diet:



- **Stay hydrated.** Make sure you drink a full glass or bottle of water every hour or two during your waking hours.



- Eat a **well-balanced**, nutritious diet.
- **Avoid** sodas, juices, and other drinks that are high in sugar.

4. Stay connected with NOMC/NOMAF:



- Make sure you have **enough med/insulin supply for one month.** Call the NOMC for refills (504-412-1366).



- If you **lost your insurance/Medicaid**, call us so we can give you free insulin samples until you get your coverage back.



- Check our website (www.nomaf.org/covid19) for financial assistance and other resources update daily.



- Download our **Patient Portal "Followmyhealth" app.** You can request refills, send photos, see your lab results, or schedule your next appointment.



- Request a **Telehealth** visit. You must update your email information before we can connect you to a Zoom visit at your convenience.



**NEW ORLEANS
MUSICIANS' CLINIC
& ASSISTANCE FOUNDATION**

**BE KIND AND STAY SAFE.
YOUR LIFE MATTERS.**

NOMAF.ORG/COVID19