



جمعية شفاء
الجمعية الخيرية لرعاية
المصابين بالأمراض المزمنة



فيروس كورونا المستجد (كوفيد-19)

COVID-19

داء السكري و صوم رمضان
Diabetes and Ramadan
نصائح عامة General Advice



Are People with diabetes more likely to get COVID-19?

There is not enough data to show whether people than 19-with diabetes are more likely to get COVID the general Population

Do People with diabetes have a higher chance of experiencing serious complications from COVID-19?

Yes. People with diabetes do face a higher chance of experiencing serious complications from COVID-19





If diabetes is well-managed, the risk of getting severely sick from COVID-19 is not raised



People with diabetes do face a higher chance of experiencing serious complications from COVID-19

Why?

When blood glucose is raised, the risk is high is raised, because the ability of the body to fight off an infection is compromised



The risk is even higher in those with diabetes-related complications such as heart disease, other vascular conditions or kidney problems.



In general, is it safe for a person with diabetes to fast Ramadan with regards to COVID-19



- Generally, in most people with diabetes fasting doesn't constitute extra risks to them.
- However, some people with diabetes should not fast as fasting could be a health risk for them.

To know your risk of fasting Ramadan, follow your doctors instruction after careful assessment of your medical condition and your treatment.

1-Reduced ability of the body against infection due to high blood glucose

2-Reduced ability of the body against infection due to the presence of other medical condition such as heart disease or vascular disease or kidney conditions, etc.



Which groups, are at increased risk for fasting and are advised not to fast?

The following groups are already considered as high/very high risk of fasting and should be stressed upon to avoid fasting due to the added risk of COVID-19



Diabetics who are COVID-19VE or under investigation



Diabetics working in front line with COVID-19 patients



Diabetics with hyperglycaemia +/- comorbidities such as CVD, CKD, leg infection, acute illness leading to hyperglycaemia and dehydration etc



Which groups, are at increased risk for fasting and are advised not to fast?

The following groups are already considered as high/very high risk of fasting and should be stressed upon to avoid fasting due to the added risk of COVID-19:



Those with persistent high blood glucose



Those with recent diabetic ketoacidosis or very high blood glucose



Those with other medical conditions such as heart or kidney disease or foot infections



Elderly people with diabetes and with generally poor health



Those with acute illness (diarrhoea, vomiting, fever, etc.)



Diabetes, Ramadan and COVID-19

Practical advice

- **STAY AT HOME**
- **Follow the general advice for COVID19-**
- **Medication adjustment according to your doctor advice**
- **Regular adherence to your other medications including your blood pressure, heart and cholesterol tablets, etc**
- **Avoid excessive intake of food or drinks rich in glucose and/or fat during Ramadan.**
- **Regular physical activity and light exercise**
- **Drink plenty of water for those with no heart or kidney conditions**
- **Regular monitoring of blood glucose during fasting as well as non-fasting hours.**
- **If blood glucose is persistently high, stop the fast, drink plenty of water, adjust the medication dose and consult your diabetes team.**



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