

During this unusual time of the COVID 19 pandemic, we understand you may have a lot of questions and concerns regarding your family's health and potential infection risks. Typically, in children COVID-19 infection results in more mild symptoms than adults; however, like any other illnesses, there can be complications if your child's diabetes is not managed carefully.

Even though your child is not at higher risk of getting COVID-19 because of diabetes, your family should take all proper precautions recommended for the general population to decrease the risk of contracting the virus. These precautions include:

- Wear a mask if you are outside of your home, or in contact with anyone who lives outside of your home.
- If you do visit with anyone you should be outside or in a well-ventilated area and maintain social distancing of 6 feet apart.
- Avoid large social gatherings.
- If you are sick, stay home, and limit interaction with others until illness resolves.
- Wash hands frequently with soap and water, or hand sanitizer if soap and water not available.
- Clean and disinfect surfaces that are touched frequently.
- Avoid contact with anyone who is sick.
- Cover your sneezes and coughs, and clean hands after.
- Avoid touching your face.

In addition, make sure you have adequate supplies in your home so that you have enough insulin and supplies to treat illness related high glucoses or in case someone is sick and can't get to the pharmacy. From a medical standpoint, individuals with diabetes are NOT at a higher risk for contracting COVID-19, however, those with obesity, hypertension, and higher hemoglobin A1c may be more likely to have complications. The best way to prevent these complications is to be sure to follow your sick day guidelines: frequent blood glucose checks, don't skip your insulin, maintain hydration, and monitor ketones. Like any other illness, the greatest concern is the risk associated with diabetic ketoacidosis. If you do not have a copy of the sick day guidelines, please print them from our website ([link](#)). If you are following the sick day guidelines and need help, contact the office or on-call provider: Office hours (9:00 am- 4:00 pm) 801-662-1640, after hours 801-662-1000.

If you are concerned your child might have COVID, please contact your primary care doctor. We do not order COVID testing from the diabetes clinic.

As far as school is concerned, the return to in-person schooling is a personal/family decision based on information provided by your local school districts and state and federal guidelines. From a strictly medical perspective, there is no valid medical reason for children with diabetes not to go to school. Each district has their own plan for returning to school. At this time, school districts in Utah have a variety of plans for opening schools. It is likely there will be different options for online education or in-person based upon the cases in that particular school district. Please consult your individual school district plans for the next school year. As long as your family follows the above recommendations, it is possible for your child to return to school safely. Having diabetes does not mean your child cannot attend school with his/her peers. We will not be writing medical excuses for children with diabetes to be excluded from in person school. Ultimately it is a family decision how to participate in school; whatever your choice, we wish you a healthy and successful school year.