

ARE YOU **DIABETIC?** WORRIED ABOUT **COVID-19?**

THIS IS HOW YOU CAN COPE WITH IT...

- Control your glucose level.
- Self monitor your blood glucose level at home.
- In case if sugar levels drops, be prepared to handle it.
- Keep your known person aware if you live alone.
- Ensure to stock up your medications.
- Eat nutritious food and exercise daily even in lock-down.
- Follow social distancing and hand hygiene all the time.
- Seek medical help immediately in case you develop flu-like symptoms.



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