

Impact of COVID-19 on Diabetic People

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COMMENTARY

The novel Coronavirus disease (COVID-19) is a deadly disease caused by the SARS-CoV-2 virus. It is initially started as an epidemic in Wuhan, China but later WHO has declared the COVID-19 outbreak as a public health emergency and a global pandemic. There are many coronavirus cases, ranging from the common cold to Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). These viruses transmit from animals to humans. In severe cases, coronaviruses can cause infection in the lungs, lead to kidney failure, and can even cause death.

Common signs of COVID-19 are fever, dry cough, breathing difficulties, tiredness, and muscle aches. Symptoms will be seen within a couple of days to 2 weeks after exposure to coronavirus.

COVID-19 spread through air droplets that were dispersed when an infected person talks, sneezes, or coughs. The virus can survive from few hours to few days depending on the environmental conditions.

For people living with diabetes needs to take precautions to avoid the virus.

- Wash hands thoroughly and regularly with a good hand wash.
- Avoid touching one's own face before cleaning the hands.
- Disinfect objects and surfaces should be cleaned that are touched more often.
- Do not share food, utensils, clothes, tools etc.
- While coughing or sneezing, cover the mouth and nose with a tissue or with the crook of your arm.
- Better avoid contact with people showing symptoms of respiratory illness.
- If you get ill with flu-like symptoms, better stay at home.

If you are diabetic and infected with COVID-19

- Prepare the mind that everything will be alright in case you get ill. Maintaining good mental health is very important.
- Make sure you have all contact details in hand in case of emergency.
- Infection might raise your glucose levels therefore it increases your need for intake of fluids, so make sure to have sufficient amount of fluids.
- Make sure to have a good supply of the diabetes medications.
- Make sure to have access to enough healthy food.
- Keep a regular schedule; avoid overwork and having a good night's sleep.

Food and nutrition tips during quarantine

- Eat food that is needed for the body.
- Eat fresh food.
- Home cooked food is the best medicine.
- Limit sugar, salt, and fatty foods.
- Eat more fiber food and drink plenty of water.
- Drinking and smoking should be avoided.

The COVID-19 challenges the whole diabetes patients, however, the reaction has been empowering. As the scale and seriousness of COVID-19 have become generally known, there has been an overflowing of help for those distressed. Clinical staff and others on the front line have shown fortitude and assurance. Virtual connections, regardless of whether an individual or gathering premise, are currently standard. Medical care suppliers can utilize this innovation to direct the consideration of their patients, while clinical analysts keep continuous examinations and give essential meds to concentrate on members. Advanced advances are giving remote admittance to instructive and investigate gatherings and, obviously, to friends and family and companions who might be

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generally out of reach. Until a demonstrated immunization and exceptionally viable pharmacotherapy are created, we need far-reaching testing of obviously well people to figure out who has insusceptibility from earlier disease, who is in danger, and who is accidentally tainted. As the pinnacle of COVID-19 starts to pass and we work to get better testing, pharmacotherapy, and at last an immunization, we will enter a more drawn out span wherein we should keep on supporting the weakest populaces—particularly more seasoned individuals, those with diabetes or stoutness, and

the people who do not have the assets to restrict everyday openness to disease. We trust a developing feeling of the local area will help in this errand.

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CONFLICT OF INTEREST

The author has declared that no competing interests exist.