











Looking after your health and your diabetes during cold and flu season

Spotting the difference between a cold, the flu and COVID-19¹

Symptoms	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	COVID-19 Symptoms range from mild to severe
 Fever	Rare	Common	Common
 Fatigue	Sometimes	Common	Sometimes
 Cough	Mild	Common (<i>usually dry</i>)	Common (<i>usually dry</i>)
 Sneezing	Common	No	No
 Aches and pains	Common	Common	Sometimes
 Runny or stuffy nose	Common	Sometimes	Rare
 Sore throat	Common	Sometimes	Sometimes
 Diarrhea	No	Sometimes for children	Rare
 Headaches	Rare	Common	Sometimes
 Shortness of breath	No	No	Sometimes

Adapted from Alberta Health Services

If you're concerned about any of the above symptoms, contact your doctor

Managing your diabetes on sick days

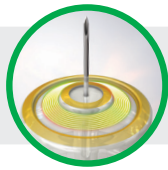
Just like everyone else, people with diabetes can get sick even when trying their best to prevent it. Illness and stress cause the body to release hormones that raise blood sugar levels, making it harder to keep your blood sugar in your target range.² So it's important to work with your healthcare team to develop a plan and be prepared for what to do if you get sick.

- Stock up on insulin, other diabetes medications, and easy-to-prepare foods; enough for several weeks or longer²
- **Continue taking your insulin and other medications as usual.** Check with your doctor or diabetes educator before making any changes²
- Drink extra calorie-free liquids—120 to 180 mL ever half hour—and try to eat normally^{2*}
- Check your blood sugar every 4 hours, and keep track of the results²
- Check your urine for ketones. **If ketones are present, contact your doctor right away²**

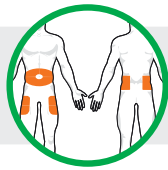
* You may need to drink beverages with sugar if you can't get 50 g of carbohydrates every 4 hours from other food choices. Drink small portions to keep your blood sugar from getting too high.²

Proper injection technique is important, even when you're sick

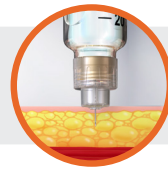
5 aspects to great injections



1 Use a 4 mm pen needle³



2 Rotate injection sites widely^{3*}



3 Apply only light pressure^{4†}



5 Replace your needle³



4 Hold for 10 seconds^{3‡}

For full details on proper injection technique, refer to the BD Nano[™] PRO package insert.

* For example, rotate in a postcard-sized zone rather than a postage-stamp-sized zone.³

† Injection with 4 mm pen needles should be administered in adults at a 90-degree angle to the skin surface.

‡ A skin lift may be warranted to prevent injection into the muscle in a slim limb or abdomen.³

§ May vary for specific insulins. Refer to the patient information leaflet.



Proper injection technique can help improve blood sugar control⁵

When injection technique education is provided, including a change to a shorter needle length (4 mm or 5 mm pen needles), A1C can be reduced by 1.0%.^{5§}

§ Results from a clinical study measuring changes in A1C after using a shorter-length pen needle and receiving structured injection training.

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References: 1. Alberta Health Services. COVID-19 symptoms in comparison to the flu and the common cold. Accessed on September 10, 2020 at <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-flu-cold.pdf>. 2. Centers for Disease Control and Prevention. Diabetes: Managing sick days. Accessed on September 10, 2020 at <https://www.cdc.gov/diabetes/managing/flu-sick-days.html>. 3. Berard L, et al. FIT Forum for Injection Technique Canada: Recommendations for best practices in injection technique (3rd Ed). Accessed on September 10, 2020 at http://www.fit4diabetes.com/files/2314/8777/6632/FIT_Recommendations_3rd_Edition_2017.pdf. 4. Rini C, et al. *J Diabetes Sci Technol*. 2019;13(3):533-545. 5. Misnikova IV, et al. *Diabetes Ther*. 2017;8(6):1309-1318.

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