

**FDI Recommendations for People with Diabetes
During COVID-19 Pandemic and Beyond**

STAY SAFE!

See your dietitian regularly – in person or virtually

Track your water intake – stay hydrated!

Ask questions – contact your diabetes educator or doctor if you have any questions

Yes, you need to get a flu shot!

Sanitize – remember to wash your hands/use hand sanitizer often

Allow 6 feet between you and other person outside your home to keep social distancing

Follow your blood sugar

Exercise

- Do as much as you **comfortably** can
- Your home is the safest place to exercise
- Use exercise videos online – discuss with your health care provider. YouTube has a lot of various types for all ages, health status and personal preferences