



Information for Families of Children with Type 1 Diabetes regarding COVID 19

As cases of COVID 19 are increasing in Australia, families are anxious to know what this means for their child with type 1 diabetes. Diabetes has been recognised as a major risk factor in adults with COVID 19, particularly in the elderly with type 2 diabetes.

However experience from paediatric diabetes practices around the world, including China (Wuhan), Italy, Spain and the United States consistently report children and young people with diabetes have no greater risks from COVID 19, with similar outcomes to children and young people without diabetes. The vast majority of children and young people with type 1 diabetes who are infected with COVID 19 are either asymptomatic or have only mild symptoms and children with diabetes have consistently milder disease than adults with diabetes.

As with all illnesses, diabetes needs more attention when your child is unwell.

Typical symptoms of COVID 19 include dry cough, headache, nausea, vomiting and fever. In children with diabetes, blood glucose levels are often higher and extra insulin is required. It is important to monitor ketones regularly, especially if nausea and vomiting is present and to call for advice if ketones are present or you are unsure what to do.

What you can do to keep your child with diabetes healthy:

- **Follow all general public health advice:** Practice good hand and sneeze/cough hygiene, keep your distance from others when you are sick and get tested if you have symptoms
- **Maintain diabetes care routines:** Keeping a close eye on your child's diabetes management routines (regular glucose monitoring, insulin administration and pump set changes) is even more important at this time. This will ensure insulin doses are not missed and any pump set blockages are picked up early (these are the main reasons for admission to hospital)
- **Check diabetes supplies regularly:** Make sure you have at least a month's supply of all insulins and other diabetes equipment at home (blood glucose and ketone testing strips, pump sets and CGM equipment)
- **Get all family members vaccinated and boosted when eligible.** Children and young people with type 1 diabetes are not considered to be immunocompromised.

When your child is unwell:

- **Regular glucose and ketone monitoring is essential**
- **Follow your Sick Day Management Plan and give extra insulin if required**
- **Call your Diabetes Team for diabetes management advice,** especially if ketones present or you are unsure what to do

For more information:

Visit the Australian Government health website <https://www.health.gov.au/covid-19> or download the Australian Government Coronavirus App, which contain the latest COVID 19 advice and vaccine information.

Call the National Coronavirus Health Information Line on 1800 020 080. It operates 24 hours a day, 7 days a week. If you require translating or interpreting services, call 131 450.