

COVID-19 AND DIABETES

As the COVID-19 pandemic continues, new data are arising on population risk for infection. The below information is current as of the date of the document. We will do our best to provide you with research-based, up-to-date information.

Is my child at increased risk of getting sick with COVID?

The most recent data show that there is a **significantly increased risk** of severe illness (hospitalization and ICU admissions) in children with **all forms of diabetes** who contract COVID. Based on our current knowledge, we **strongly** recommend very careful attention to blood glucose levels in the event that your child develops symptoms consistent with COVID. See below "What can I do to protect my child?"

Should my child get the COVID vaccine?

We **strongly** recommend that all children 12 years and older with any form of diabetes receive both doses of the COVID vaccine. The only exception would be for the tiny number of children who are also receiving chemotherapy. We know that children with diabetes do not get sicker than other children when they receive the vaccine. As the vaccine becomes available for younger children in late 2021-2022, we also strongly recommend that they be vaccinated ASAP.

Should my child attend school in person?

We recommend that children with diabetes attend school according to the current guidelines from the BC Ministry of Health. More information here:

<https://www2.gov.bc.ca/gov/content/education-training/k-12/covid-19-safe-schools>

What can I do to protect my child?

- ✓ Take your insulin and/or oral medications as prescribed by your Endocrinologist.
- ✓ Be very aware of any symptoms of illness in your child/youth. Increase the frequency blood glucose testing and continue to give correction doses of insulin to keep the blood glucose levels in the target range (4-8 mmol/L).
- ✓ Sick-day management protocols for injectors and pumpers are available on our website: <http://www.bcchildrens.ca/health-info/coping-support/diabetes#8688>.
- ✓ Call 811 to determine if your child needs COVID testing.
- ✓ Call the BCCH Endocrinologist on call at 604-875-2161 if your child tests positive for COVID, so that we help you make a plan to manage the diabetes through the illness.
- ✓ Monitor your child closely, especially in the night for worsening symptoms.
- ✓ It is recommended that you get the influenza (flu) shot for your child and family.
- ✓ Continue to follow the provincial Health Guidelines around masking and social distancing.