



## PCH Diabetes Clinic – IMPORTANT INFORMATION

23/03/2020

### Information for families of children with type 1 diabetes regarding Coronavirus COVID19

In the current global situation concerning coronavirus COVID–19, we understand many families have questions about the risk to children with diabetes. Although information on the risk of contracting the virus for children with type 1 diabetes is limited, we believe that the risk is similar to that in other children, but as with all illnesses, diabetes needs more attention when you are unwell.

Children with type 1 diabetes are not believed to be any more immunocompromised than children without diabetes. There have been some messages in the media that people with diabetes are more susceptible to COVID-19. This is more relevant to older people with both type 1 and type 2 diabetes and not children.

Children generally seem to be at lower risk of significant illness if they are infected. Advice from the Australian Chief Medical Officer (March 2020): *There is very little evidence of significant COVID-19 disease in children. Initially, it was suggested that children were less susceptible to infection, but more recent evidence supports the fact that children may be infected, in many cases without being aware of symptoms. The role children play in transmission is unknown.*

If your child with type 1 diabetes becomes unwell, you should follow your sick day management plan, including regular glucose monitoring and insulin dose adjustments as required. Your child should stay home from school if unwell and follow government recommendations for illnesses associated with fever, cough and other respiratory symptoms.

### **Help prevent the spread**

Practising **good hygiene** and **social distancing** to protect against and to prevent the virus spread.

Good hygiene includes:

- covering your coughs and sneezes with your elbow or a tissue
- disposing of tissues properly
- washing your hands often with soap and water, including before and after eating and after going to the toilet
- using alcohol-based hand sanitisers
- cleaning and disinfecting surfaces
- if you are sick, avoiding contact with others and staying more than 1.5 metres away from people

### **School**

We recommend that you follow government advice in relation to schools. There is no evidence though that parents of children with type 1 diabetes should consider things



differently from other families. The choice whether to send your child to school or not is an individual one.

## **What can we offer you at PCH diabetes?**

### **1. Consultations**

**We are now offering you the option of phone/video consultations with your team instead of the regular clinic visits. To make this phone/video consultation effective, we will need families using pump and/or sensor to be able to share data with us. A letter will be sent to you detailing this process.**

- Wearing CGM and linking your device to our clinic will provide us with the best information to offer telephone advice.
- If you are on a pump, upload your pump before the phone/video consultation. If you cannot upload from home or are not linked to our clinic, please contact your pump company to arrange this as soon as possible  
(Call Medtronic 1800 777 808 or Tandem t: slim AMSL 1300 851 056)

### **2. Sick day management plan**

If unwell, please follow the sick day management plan to help with glucose management.

(Section 7 of the Type 1 diabetes folder)

(attach link)

[https://pch.health.wa.gov.au/~media/Files/Hospitals/PCH/General%20documents/Our%20Services/T1Dfolder\\_PCHTKI.pdf](https://pch.health.wa.gov.au/~media/Files/Hospitals/PCH/General%20documents/Our%20Services/T1Dfolder_PCHTKI.pdf)



## Be prepared

- Have at least one month supply of all insulins and other diabetes equipment (blood glucose and ketone testing strips, pump sets and CGM equipment) available at home. There are currently no known notifications regarding disruption of Type 1 diabetes supply chain.
- Arrange to have an early flu injection this year (so you don't get two viruses at once). Your GP can organise this for you.

## More information

The situation regarding COVID-19 is evolving and changing rapidly, so our understanding of the risks in relation to diabetes in children may change.

While coronavirus is of concern, it is important to remember that most people displaying symptoms such as fever, cough, sore throat or tiredness are likely suffering with a cold or other respiratory illness – not coronavirus.

**For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au)**

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

The phone number of your state or territory public health agency is available at [www.health.gov.au/state-territory-contacts](http://www.health.gov.au/state-territory-contacts). If you have concerns about your health, speak to your doctor.



## **Travel advice**

Please follow the travel health advice from the Australian government at

<https://www.smarttraveller.gov.au>

## **Diabetes supplies**

In Australia, for concerns regarding availabilities of insulin and other essential medicines and their National Diabetes Services Scheme (NDSS) produces and supply, please refer to the Diabetes Australia Statement at:

<https://www.diabetesaustralia.com.au/news/15723?type=articles>

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