

DO YOU SUFFER FROM DIABETES?

Get the COVID-19 vaccine as soon as you qualify



PLATINUM HEALTH

People with Diabetes are at huge risk of becoming severely ill if infected with COVID-19.

It is therefore imperative that patients suffering from Diabetes be vaccinated with the COVID-19 vaccine as soon as they qualify. Being vaccinated significantly reduces the risk of becoming severely ill or dying.

Manage diabetes by sticking to the following lifestyle choices:

Control your blood sugar levels and monitor it daily.

Take your medicine as prescribed.

Watch what you eat: balance meal portions, don't skip meals and avoid extreme diets. Also, drink more water!

Stop smoking.

Become active.

Maintain a healthy diet.

Manage stress levels.

If you are concerned about your health, talk to a Platinum Health Healthcare Provider for guidance.

