



RSSDI
ADVISORY:
RAMADAN
FASTING AND
DIABETES
DURING
COVID-19



RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA (RSSDI)

- 01** People with diabetes, who wish to fast during the holy month of Ramadan, may do so provided they are otherwise healthy and maintain reasonable metabolic control and do not suffer from any long term complications like Renal failure. People with Type 1 DM are best advised to avoid fasting this year or may do so with extreme caution and frequent monitoring only.
- 02** People with diabetes with any symptoms of COVID-19 should avoid fasting altogether. If there is persistent hyperglycemia or frequent hypoglycaemia during fasting, then the patients should consider breaking the fast (Sugars dropping below 70mg/dl and /or climbing above 300 mg/dl) till proper metabolic control is achieved.
- 03** Patients who are fasting should continue practicing principles of social distancing at all times and follow guidelines of lockdown from time to time as per the local and national directives.
- 04** Patients who are fasting should also follow hand hygiene and other precautionary measures at all times.
- 05** Patients who observe fasting should continue monitoring blood sugars during the fasting period and take necessary action to avoid hyperglycemic excursions or hypoglycemic episodes.
- 06** Walking and mild exercise after breaking the fast, should be encouraged as much as possible while avoiding dietary indulgence. They should eat a variety of fresh and unprocessed foods every day and drink plenty of water.
- 07** Dose and regimen of medications may need adjustments for patients who are fasting; hence those patients should consult their doctors for the same especially ones taking insulin and sulfonylureas which may require temporary dose adjustment and change in insulin regimen .
- 08** In case patients develop fever, cough, breathlessness, fatigue; they should seek medical attention at the earliest and not ignore these symptoms.
- 09** People with diabetes who are fasting should stay at home and avoid crowds, gatherings, mass prayers and congregation (including offering the tarawih prayers at home - evening prayers, considered to be good exercise as well) as they are considered vulnerable to severe disease and death from COVID-19. Diabetes does not increase the risk of getting the COVID 19 infection, but does have poorer outcome for those infected.
- 10** People with diabetes should be reassured that they can still pray, share and care, all from a healthy distance despite the change in execution of the religious and social practices during these pandemic times. Physical distancing, digital and alternate platforms for interaction, offering special prayers for the sick, with messages of hope and comfort should be encouraged and are considered viable methods to observe the tenets of Ramadan while maintaining public health.



National health authorities and directives of the Government of India should be meticulously followed at all times regarding lockdown, physical distancing and other measures related to COVID-19 in the context of Ramadan. This advisory may be revised during the course of Ramadan in view of the evolving directives by the Government of India (Ministry of Health and Family Welfare.)

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