



Joslin Diabetes Center

Asian American Diabetes Initiative

Also Available in [Simplified Chinese](#), [Traditional Chinese](#), [Japanese](#), [Korean](#), and [Vietnamese](#)
A Message from the AADI / Asian Clinic regarding COVID-19

Dear patients of the Joslin's Asian Clinic and friends of the AADI,

We hope that wherever you are, you and your loved ones are staying safe during this challenging time with the COVID-19 viral pandemic. As with many hospitals and service providers, we are taking extra measurements to ensure the safety of our patients, caregivers, and staff.

People with diabetes are severely affected by COVID-19, 30-40% of the hospitalized people with COVID-19 infection have diabetes. This increased risk is even higher if you have high blood pressure and are overweight, as reported both in China, Europe and US. It is crucial for you to take extra efforts for diabetes management in order avoid contracting the infection and for your body to fight the infection if you are exposed by doing the following:

Follow the recommendations for safe practices strictly:

1. Stay away from others by 6 ft. or 1.5 meters.
2. Wash your hands frequently and wear masks when going outside. .

Additionally, take care of your diabetes very very carefully:

- Check your glucose at least 2 times a day
- Take all your medications, eat anti-inflammatory foods such as vegetables, fish and avoid red meat
- Exercise for 20-30 min each day. Make your heart rate go up and allow you to breathe deeply when you do the activities.
- Decrease stress by meditations and sleep at least 7-8 hours/day.
- Contact us if you have questions about your diabetes care.(see below for more information

We have created FAQs on self care and put together some resources that are relevant to Asian communities (patients, their caregivers, family, and community members). Please share the following information with anyone who may be interested.

Along with all [the clinic services provided at Joslin](#), the Asian Clinic has shifted to a remote model of patient care with very limited in-person, "[urgent care](#)" appointments. If you need to reach Joslin's Asian Clinic for medication refills or questions regarding your blood sugar, **please call 617-309-3444 and leave a message with your name and phone number or reach us via email Asian Clinic Coordinator: julia.li@joslin.harvard.edu**

Information in different Asian languages are available - please check "[3. National and Local resources](#)".



Joslin Diabetes Center

Asian American Diabetes Initiative

Simplified Chinese (translation by Dr. Qian Li)

关于COVID-19 病毒性肺炎

—来自美国亚裔糖尿病研进会AADI / 亚裔门诊的叮咛：

亲爱的加斯林（Joslin）亚裔门诊病人和AADI的朋友们，

我们希望无论您身在何处，在这COVID-19病毒性肺炎大流行的严峻考验中，您和您亲爱的家人伙伴都能平安健康。和许多医院及其他医疗服务提供者一样，加斯林审慎增设必要措施以维护病患、医护人员以及员工的安全。

根据中国、欧洲和美国的报导，糖尿病患者是COVID-19肺炎中首当其冲，住院的COVID-19感染者中有30-40%患有糖尿病。若您还同时患有高血压并且超重，则风险更甚。为了避免感染COVID-19病毒性肺炎，或者为了当暴露于感染环境下时仍然能够维持身体抵抗力，妥善的自主健康管理以及下列糖尿病照护原则是至关重要的：

请严格遵守下列公共卫生安全建议：

1. 与他人保持6英尺或1.5公尺（米）的距离。
2. 经常洗手，出门时戴口罩。

此外，请非常小心地管理照护糖尿病：

- 每天至少检查2次血糖。
- 定时服用医师指示药物，多吃有抗炎作用的食物—例如蔬菜或鱼，同时尽量避免食用红肉。
- 每天运动20-30分钟。在进行活动时让心率加快，并让自己多深呼吸。
- 通过静坐或冥想以减少压力；每天至少睡眠7-8小时。
- 如果您对糖尿病的治疗有疑问，请与我们联系。（有关更多资讯，请参见下文）

我们列举了一些自主健康管理的常见问题与解答，并汇总了与亚裔社群（病患、其照护者、家庭和社群成员）相关的一些资源。请与任何有兴趣的人分享以下讯息。

作为加斯林提供的所有临床诊疗服务的一部分[the clinic services provided at Joslin](#)，亚裔门诊也已转型为远程医疗的病患照护模式。亲至医院与医护人员面对面就诊将仅限于预定的“紧急照护[urgent care](#)”约诊。如果您需要联系加斯林亚裔门诊开立慢性病连续处方笺以领药，或询问有关血糖的问题，请致电617-309-3444，并留下您的姓名和电话号码，或者透过电子邮件与亚裔门诊临床协调员julia.li@joslin.harvard.edu联系。

阅读不同亚洲语言版本资讯请选择“[3. National and Local resources](#)”。（3. 国际及地方资源）



Joslin Diabetes Center

Asian American Diabetes Initiative

Traditional Chinese (translation by Ms. I-Hsien Wu)

關於COVID-19 病毒性肺炎

—來自美國亞裔糖尿病研進會AADI / 亞裔門診的叮嚀：

親愛的加斯林 (Joslin) 亞裔門診病人和AADI的朋友們，

我們希望無論您身在何處，在這COVID-19病毒性肺炎大流行的嚴峻考驗中，您和您親愛的家人夥伴都能平安健康。和許多醫院及其他醫療服務提供者一樣，加斯林審慎增設必要措施以維護病患、醫護人員以及員工的安全。

根據中國、歐洲和美國的研究報導，糖尿病患者COVID-19肺炎中首當其衝，住院的COVID-19感染者中有30-40%患有糖尿病。若您還同時患有高血壓並且超重，則風險更甚。為了避免感染COVID-19病毒性肺炎，或者為了當暴露於感染環境下仍然維持身體抵抗力，妥善的自主健康管理以及下列糖尿病照護原則是至關重要的：

請嚴格遵守下列公共衛生安全建議：

1. 與他人保持6英尺或1.5公尺（米）的距離。
2. 經常洗手，出門時戴口罩。

此外，請非常小心地管理照護糖尿病：

- 每天至少檢查2次血糖。
- 定時服用醫師指示藥物，多吃有利消炎作用的食物—例如蔬菜或魚，同時盡量避免食用紅肉。
- 每天運動20-30分鐘。在進行活動時讓心律加快，並讓自己多深呼吸。
- 通過靜坐或冥想以減少壓力；每天至少睡眠7-8小時。
- 如果您對糖尿病的治療有疑問，請與我們聯繫。（有關更多訊息，請參見下文）

我們列舉了一些自主健康管理的常見問題與解答，並彙總了與亞裔社群（病患、其照護者、家庭和社群成員）相關的一些資源。請與任何有興趣的人分享以下訊息。

整合於加斯林提供的所有臨床診療服務[the clinic services provided at Joslin](#)，亞裔門診也已轉型為遠距醫療的病患照護模式。親至醫院與醫護人員面對面就診將僅限於預定的“緊急照護[urgent care](#)”約診。如果您需要聯繫加斯林亞裔門診開立慢性病連續處方箋以領藥，或詢問有關血糖的問題，請致電617-309-3444，並留下您的姓名和電話號碼，或者透過電子郵件與亞裔門診臨床協調員julia.li@joslin.harvard.edu 聯繫。

閱讀不同亞洲語言版本資訊請選擇“[3. National and Local resources](#)”。（3. 國際及地方資源）



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Asian American Diabetes Initiative

Japanese (translation by Ms. Chihiro Sato)

ジョスリン糖尿病センター アジアン・クリニック/AADIより

COVID-19に関するお知らせ

ジョスリンアジアンクリニックの患者のみなさん、またジョスリンAADIのサポーターそしてアジア系コミュニティのみなさんへ

新型コロナウイルス感染症（COVID-19）の世界的感染が拡大する中、みなさんがお住まいの地域にて安全を確保されていることを願っております。他の医療機関同様ジョスリン糖尿病センターにおいても、患者や介護者のみなさん、そしてスタッフの安全を確保するための諸対策を追加しております。

COVID-19で入院されている方の30-40%は糖尿病を併発しているとのデータがあり、COVID-19は糖尿病患者へ多大な影響を与えています。加えて高血圧や肥満など合併疾患がある場合、リスクは更に高まると中国、ヨーロッパ、米国にて報告されています。普段以上に厳重な糖尿病管理を実践し、感染を防ぐことは大変重要です。

ご自身の安全を守るためにぜひ以下を実行してください：

1. 他者との距離（6フィート又は150cm）を守る
2. 頻りに手洗いをし、外出時はマスクを着用する

さらに以下のポイントを踏まえて自身の糖尿病管理をしっかりと行ってください。

- 毎日少なくとも2回は血糖測定してください
- 処方箋を忘れずに服用し、野菜や魚など抗炎症作用のある食べ物を摂取し、肉類を避けるようにしてください
- 毎日20～30分運動してください。運動中は心拍数を上げ、深呼吸をするよう心がけてください
- 瞑想などでストレスを軽減し、毎日7～8時間の睡眠をとってください
- 糖尿病管理について質問がある場合はお問い合わせください（連絡先は以下）

セルフケアに関するFAQ（よくある質問）と、その他有益な情報が掲載されている各種リンクをまとめました。アジア系コミュニティーの患者さん、ご家族、そしてこれらの情報を必要とされている方とぜひ共有してください。

現在、[ジョスリン糖尿病センターその他クリニックと同様に](#) アジアン・クリニックも“[urgent care](#)（緊急診療）”を除いて全て電話等を使った診察に切り替えております。The Asian Clinic has shifted to a remote model of patient care with very limited in-person, appointments. アジアン・クリニックへの処方箋や血糖値に関するお問い合わせはアジアン・クリニックコーディネーターまで電話（617-309-3444、お名前、用件、折り返し連絡可能な電話番号をボイスメールに残してください）又はメール（julia.li@joslin.harvard.edu）にて受け付けております。

アジア諸国の各種言語に訳された資料は「[3. National and Local resources](#)」にてご覧頂けます。

Visit aadi.joslin.org (multilingual website for free diabetes resources)



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Korean (translation by Dr. Kyoungmin Park)

AADI/조슬린 아시안 클리닉의 COVID-19 관련 메시지

조슬린 아시안 클리닉 환자와 AADI 동료들에게

이번 COVID-19 바이러스 대유행 힘든 기간동안, 여러분들이 어디에 있든지, 저희는 당신을 포함해서 당신이 사랑하는 사람들이 안전하게 지내기를 우선 기원합니다. 많은 다른 병원과 의료 서비스 제공자들과 마찬가지로, 저희도 조슬린에 있는 환자, 간병인 그리고 모든 직원들의 안전을 보장하기 위해 추가적인 측정 및 예방 검진을 실시 하고 있습니다.

당뇨병 환자의 경우 COVID-19 바이러스에 의한 중증상태가 일반 환자보다 더욱 심각한 것으로 확인 되었고, 특히, COVID-19 바이러스에 의한 병원 입원 치료 및 사망률이 30-40 퍼센트로 높게 당뇨병 환자에서 확인 되었습니다. 중국, 유럽 및 미국에서 발표된 보고서에 의하면, 고혈당이 고혈압 또는 과체중 환자보다 더욱 심각한 위험인자로 확인 되었습니다. 만약 다음 예방 및 행동 수칙사항과 같이 당뇨병 관리를 위해 각별한 노력을 기울인다면, 이러한 COVID-19 바이러스 감염에 피할 수 있을 것입니다.

다음의 예방 및 행동 수칙 권장사항

1. 사람들 사이의 거리로 1.5 미터 (6 피트)의 유지하기
2. 외출시 항상 마스크 착용하기 및 자주 손씻기

특히, 당뇨환자의 필수 준수사항

- 하루에 2 회 이상 혈당량을 체크하기
- 처방된 모든 약물 복용하면서 야채나 생선류와 같은 소염 식품을 섭취하기. 단, 육류제품은 최소한으로 섭취하기
- 하루에 최소 20-30 분씩 규칙적 운동하고, 운동시 심장 박동수를 늘리기 위해 긴 심호흡 하기
- 스트레스 줄이기 위한 방법으로 충분한 수면 (최소 하루 7-8 시간) 및 신경안정제 복용하기
- 당뇨에 관한 자세한 정보를 원하실 경우, 아래에 저희에게 문의를 바랍니다.

저희는 자가 관리에 대한 FAQ (자주 묻는 질문에 대한 답) 개설 및 아시아인 (환자, 간병인, 가족 및 지역 주민)에 인적자원 정보를 공유할 것입니다. 관심 있는 사람과 함께 이러한 정보를 공유해 주십시오.

조슬린에서 제공하는 모든 진료서비스와 함께, 아시아인을 위한 진료서비스는 당분간 제한된 환자 대면 진료서비스(긴급진료예약)를 원격모델로 대체할 것입니다. 만약 약물이 필요 또는 본인의 측정된 혈당에 관한 질문이 있어 조슬린 아시안 진료서비스를 원하시다면, 전화 서비스 617-309-3444 로 본인의 이름 및 연락 가능 전화번호와 함께 메시지를 남겨주시고 또는 아시아인 진료서비스 담당자 메일(julia.li@joslin.harvard.edu)로 메시지를 남겨 주십시오.



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Asian American Diabetes Initiative

다른 아시아 언어로 된 정보로도 이용 가능하고, "[3 국가 및 지역 인적 자원 정보](#)"에서 [확인하십시오](#)".



Joslin Diabetes Center

Asian American Diabetes Initiative

Vietnamese (to be posted on April 28th)

A Message from the AADI / Asian Clinic regarding COVID-19

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