



COVID-19 and endocrine diseases

A statement from the European Society of Endocrinology*

An ESE “decatalogue” for endocrinologists in the COVID-19 pandemic

1. *Adequately protect yourself and ask for COVID-19 testing if exposed*
2. *Avoid unnecessary routine appointments in person*
3. *Put in place online/email/phone consultation services*
4. *Closely monitor glycaemic control in patients with diabetes*
5. *Recommend to persons with diabetes a strict adherence to general preventive measures*
6. *Counsel persons with diabetes about specific measures related to their disease management (sick day rules) in case of infection by COVID-19*
7. *Counsel persons with diabetes particularly if aged over 65 and obese about referrals for management in case of suspected infection by COVID-19*
8. *Avoid undernourishment with dietary or adjunctive measures if clinically indicated*
9. *Closely monitor clinical conditions of patients with adrenal insufficiency*
10. *Adapt increased replacement treatment if clinically indicated in patients with adrenal insufficiency*

***This document has been prepared by Manuel Puig-Domingo (ESE representative to the European Medicines Agency), Mónica Marazuela (ESE Secretary) and Andrea Giustina (ESE President)**

23 March 2020