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Dear Employer:

The American Diabetes Association, in its position as a global authority on diabetes and author of the *Standards of Care for Diabetes*, writes to share information that may be useful to you, as an employer of individuals with diabetes, during the COVID-19 pandemic.

Medical Information Concerning Diabetes and COVID-19

People with diabetes face a higher chance of experiencing serious complications from COVID-19.

In general, people with diabetes are more likely to experience severe symptoms and complications when infected with a virus.

When people with diabetes experience fluctuating blood sugars, they are generally at risk for a number of diabetes-related complications. Having heart disease or other complications in addition to diabetes could worsen the chance of getting seriously ill from COVID-19, like other viral infections, because your body's ability to fight off an infection is compromised.

Viral infections can also increase inflammation, or internal swelling, in people with diabetes. This is also caused by above-target blood sugars, and both could contribute to more severe complications.

When sick with a viral infection, people with diabetes face an increased risk of DKA (diabetic ketoacidosis), commonly experienced by people with type 1 diabetes. DKA can make it challenging to manage your fluid intake and electrolyte levels—which is important in managing sepsis. Sepsis and septic shock are some of the more serious complications that some people with COVID-19 have experienced.

In general, we don't know of any reason to think COVID-19 will pose a difference in risk between type 1 and type 2 diabetes.

Information Pertaining to the Employment Setting

The Americans with Disabilities Act (ADA) which was amended by the ADA Amendments Act of 2008 ("Amendments Act" or "ADAAA"), is a federal law that prohibits



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discrimination against qualified individuals with disabilities.¹ Individuals who have diabetes should easily be found to have a disability within the meaning of the first part of the ADA's definition of disability because they are substantially limited in the major life activity of endocrine function.² The ADA requires that employers provide reasonable accommodations to qualifying employees with disabilities.³ The ADA continues to apply during this time of pandemic.⁴

Because people with diabetes face a greater risk of getting seriously ill from COVID-19, employees may require reasonable accommodations. The COVID-19 pandemic may mean that employees who have been working without any accommodations will require them for the first time, or it may mean that employees with reasonable accommodations in place may need new or different accommodations. The most common reasonable accommodations for people with diabetes during the COVID-19 pandemic include teleworking, temporary reassignment to meet physical distancing recommendations (either of certain job functions or to another vacant position) and temporary leave. There may be other accommodations appropriate for people with diabetes that are related to the pandemic and are tailored to the particular job.

Conclusion

Thank you for considering this information as you work to provide reasonable accommodations to your employees during a difficult time for all. For more on these topics, the ADA has additional resources here: <https://www.diabetes.org/diabetes/treatment-care/planning-sick-days/coronavirus>; here: https://care.diabetesjournals.org/content/34/Supplement_1/S82; and here <https://www.diabetes.org/resources/know-your-rights/discrimination/employment-discrimination/for-employers>.

¹ EEOC, *Questions & Answers about Diabetes in the Workplace and the Americans with Disabilities Act (ADA)* <https://www.eeoc.gov/laws/types/diabetes.cfm>.

² *Id.* (citing 29 C.F.R. §1630.2(j)(3)(iii)).

³ *Id.*

⁴ EEOC, *What You Should Know About the ADA, the Rehabilitation Act, and COVID-19*

https://www.eeoc.gov/eeoc/newsroom/wysk/wysk_ada_rehabilitaion_act_coronavirus.cfm