



August 12, 2020

Dear Patients and Families,

At the Best Centre, our services have always stemmed from our mission to keep our patients healthy until a cure is found. This is particularly significant now as we respond to the changes required to bring our staff and patients back to the centre. We will continue to provide information and updates as they are available. Please bookmark this page [Best Centre COVID-19 Updates](#). We have been receiving a large volume of enquires as it pertains to children with T1D returning to school. Although, we are not able to make a blanket recommendation for everyone, we have consulted with our affiliated pediatricians to develop a list of considerations for you and your family, in the context of your unique situations. While there is a lot we do not know, here are some things to think about:

1. Generally, kids do best when at school in-person. However, each child and family is different and they will need to decide what works best for them and their comfort level. The precautions in place for each school board/grade level and current active COVID cases in each community might also affect each family's decision.
2. Children with type 1 diabetes are not considered to be immunosuppressed and are not more susceptible to contracting COVID-19. However, it is possible that they could have a worse course of illness if contracting COVID, especially if blood sugars are not well controlled (i.e. high A1c) or if blood sugars/ketones cannot be managed during illness. We recommend working on improving blood sugars through adjustment of insulin doses and regular contact with the Best Centre educators. As always, it is also important to have blood ketone strips and sick day supplies and to know how to prevent DKA and manage during illness (see resources on our website and patient portal).
3. For children in grades 4 through 12 who will be wearing masks; it is a good idea to take the time now to find a mask that fits and is comfortable for them to wear all day, have them practice wearing it for a prolonged period without touching it.
4. For children who have been mostly inside for the last 6 months, make a plan to start going out safely in the community before starting school for a smoother transition.

Best in health,

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