

# COVID-19 & Spinal Cord Injury

A spinal cord injury may put you at greater risk of complications from COVID-19, given compromised immune and respiratory systems. Here's what you can do during this time.

For detailed information, check out: [scireproject.com/community](https://scireproject.com/community)

## Prevention

**Practice physical distancing** and avoid close contact with people who are sick



**Wash your hands** often with soap & water for at least 20 secs or use an alcohol-based hand sanitizer



**Ask attendants to wash their hands** upon arrival and before providing you with any assistance and **send home** those who are unwell



**Ensure attendants have not travelled** outside of the country in the past 14 days



**Clean surfaces** you often touch: phone, doorknobs, and commonly touched surfaces on your wheelchair and other assistive devices



If you have limited hand function, **avoid using your mouth** to grasp things



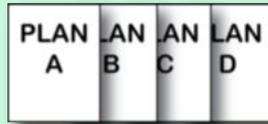
Use a **face mask or covering** in public indoor spaces & in crowded outdoor areas



**Get vaccinated** with the COVID-19 vaccine you are offered as soon as possible



**Keep 30 days of medical supplies** (e.g., catheters) and medications on hand



**Have a back up plan** for if you are unable to receive the assistance you need

If you use a ventilator, CPAP, or cough assist device, speak to your health care provider about what precautions should be taken in your home:



- **Clean your equipment** and replace filters regularly as per your device manual
- **Ensure an adequate supply** of filters and tubing



## Symptoms

Early research shows that COVID may present differently in SCI. Common symptoms include:



## If you have symptoms



**Isolate yourself** at home and avoid visits with older adults or those with medical conditions

**Call ahead** before you visit a health care professional or call your local public health authority; many are using tele-health



**If your symptoms worsen**, contact your health care provider right away and follow their instructions

**SCIRE Community** Information current as of  
SPINAL CORD INJURY RESEARCH EVIDENCE 01JUN2021