

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

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



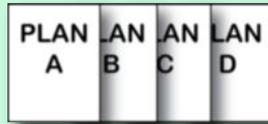
Use a **face mask or covering** in public indoor spaces & in crowded outdoor areas



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
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