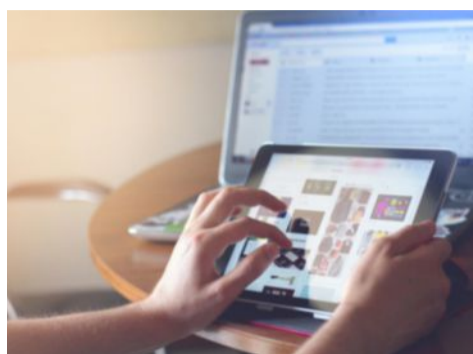


People living with spinal cord injuries have a greater risk of developing more serious symptoms of COVID-19. Thus, it is critical for caregivers and attendant services to take necessary precautions and preventive actions in order to minimize the risk of transmission.

Hygiene¹



Regularly clean client's equipment and frequently touched surfaces.



Use disinfectants approved by [Health Canada](#) or make your own **diluted bleach solutions** (2 tsp bleach with 2 cups water).

USE PERSONAL PROTECTIVE EQUIPMENT (PPE)²

For tasks that involve close contact (eg. dressing, bathing), wear PPE such as:



Medical Masks



Disposable Gloves



Protective Eyewear

CREATE A BACK-UP CARE PLAN³

Contact people who can step in for you in case of emergencies. Your Care Plan should include information such as:

1. Names/doses of medication taken by client.
2. Contact information of client's: doctors, clinics, pharmacy, friends, and family.
3. Include information about client's likes and dislikes, self-care routines, food preferences.
4. Create a list of essential items your client needs if they need to leave their home or require hospitalization.



RESOURCES FOR CAREGIVERS

A

Caregiving Out Loud Podcast

A podcast created by caregivers of BC who share their experiences on "this rewarding and taxing position"

B

The Ontario Caregiver Organization

Provides resources/education on improving mental health for caregivers

C

SCIRE

For more information on COVID-19 resources specific to SCI, visit scireproject.com and scireproject.com/community

