COVID-19 & Spinal Cord Injury

Having a spinal cord injury may put you at greater risk of COVID-19 complications 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

**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:

- Fever
- Difficulty Breathing
- Fatigue/Weakness

**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

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