People living with a spinal cord injury (SCI) often have a harder time with breathing and lung function. This information sheet has been put together to help you know what to do during this phase of the COVID-19 pandemic.

Prevention

- Stay Home except to get medical care
- Call your doctor before you visit to let them know if you are unwell and have other health concerns.
- Wash your hands regularly with warm soap and water for 20-30 seconds.
- Clean all surfaces regularly that you touch every day including your phone, joystick and wheelchair armrests, tray, push rims.
- Prepare your Emergency Kit (see article attached).
- **Keep 30 days of medical supplies (catheters and dressing supplies) and medication on hand**

Attendant Care Issues

- Ensure attendants have not travelled to an affected area or outside of Canada in the last 14 days.
- Send attendants home who are not well.
- Ask attendants to wash their hands when they arrive and before they provide any care.
- Be sure your attendants and you wash your hands after all care.
- Have a back-up plan if your attendant does not come to work or is sick.
- Read this article from Public Health Ontario regarding caregivers:
  

If you are sick, or think you might have COVID-19

- Isolate yourself at home if you develop respiratory symptoms (cough, fever, sore throat). Go to this AHS website for more information: [https://www.albertahealthservices.ca/topics/Page16997.aspx](https://www.albertahealthservices.ca/topics/Page16997.aspx)
- Use this AHS online screening tool to determine whether you need to call 811 to get tested: [https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx](https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx)

If you have SCI and use a ventilator, CPAP/BiPAP or cough assist device, check this resource: [www.canventottawa.ca](http://www.canventottawa.ca)
• Speak to your health care provider or respiratory therapist regarding what precautions you, your family and attendants should take in your home
• Clean your equipment and replace filters regularly as per your device manual
• Ensure you have an adequate supply of filters and tubing

Stay Informed:

• Check the latest advice from AHS online every 24-48 hours: https://www.albertahealthservices.ca/topics/Page16944.aspx

Note and Disclaimer: This guidance was created by experts in the SCI Community on March 12 2020 in consultation with infectious disease specialists. This document is based on the best available evidence at the time of release. We cannot guarantee that the guidance is up-to-date or current as the pandemic is changing daily. All individuals are expected to review public health information on a regular basis to ensure you are well informed about how to take care of your health.