

## **COVID-19 Guidance for the SCI Community - 2020/03/12**

**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 as much as possible except to get medical care, food or supplies
- Call your doctor or local health authority before you visit to let them know if you are experiencing symptoms of COVID-19
- Wash your hands regularly with 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 and other items
- Prepare your Emergency Kit ([see article attached](#) for some tips on how to prepare for emergencies)
- **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 the Government of Canada regarding caregivers <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/how-to-care-for-person-with-covid-19-at-home-advice-for-caregivers.html>

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

- Isolate yourself at home if you develop symptoms associated with the virus
- Call your local public health authority for advice – view this list for the public health authority number in your province/territory  
<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/2019-novel-coronavirus-information-sheet-travelled-hubei-province-china.html#au>
- Visit the Government of Canada’s website to read a list of common symptoms  
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>
- Read this article from the Globe and Mail for information on symptoms  
<https://www.theglobeandmail.com/canada/article-i-think-i-may-have-the-new-coronavirus-what-should-i-do/>

## **If you have a spinal cord injury and use a ventilator, c-pap, 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 advice from your local provincial health authority every 24-48 hours.

### Resources:

- Public Health Agency of Canada - <https://www.canada.ca/en/public-health.html>
- World Health Organization - <https://www.who.int/health-topics/coronavirus>
- Government Travel Advice and Advisories - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

**Note and Disclaimer: This guidance was created by Canadian 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 can't guarantee that the guidance is up to date or current as the pandemic is changing daily.**