

COVID-19 & Disability

People with Post Polio Syndrome or Polio Survivors are likely to have respiratory issues like under ventilation i.e. they do not get enough air to inflate their lungs due to respiratory muscle weakness, obesity, sleep disordered breathing and/or scoliosis (excessive curvature of spine that alters space in chest). The muscles of chest and diaphragm may get weakened due to polio virus. This may affect their breathing as they may have smaller than normal breaths.

Thus polio survivors who have any kind of respiratory problem are at “high risk” when they become ill with any respiratory infection, including coronaviruses.

Just as it is for people who never had polio, if a polio survivor has diabetes, heart disease, severe kidney disease, or are immunocompromised due to a medical condition or certain medications, then they are at high risk of developing complications if they contract COVID-19.

Wheelchair users are at a greater disadvantage as they are a lower level than those standing nearby and when they cough and/or sneeze wheelchair users are likely to catch the virus easily.

Follow guidelines about infection control—washing hands frequently, disinfecting frequently touched surfaces, covering coughs

Why is COVID-19 called a pandemic?

It is called a pandemic because Corona Virus has spread to almost all the countries of the world.

How does COVID-19 affect the body?

The lungs are elastic and they inflate and deflate. COVID-19 affects the lungs by making them fibrous or less able to stretch.

Can Corona Virus be transmitted through blood transfusion?

There is still no evidence of it being transmitted by blood transfusion.

Can disinfectant sprays be used on skin to prevent COVID-19?

No. Do not use disinfectant sprays on the skin as this may cause skin irritation and burning,

and sneezes, avoiding large crowds especially in poorly ventilated areas, staying home if you are sick and avoiding non-essential trips.

If you do develop cough or fever (temperature over 100.4°F), especially if you have had known contact with someone who has coronavirus or has recently been in some of the “coronavirus hot spots,” consult a doctor for advice about what to do next.

Avoid smoking and alcohol intake. Try doing breathing exercises.

Eat well and build your immunity.

If you have increased trouble breathing, you probably need to be seen by a doctor.



www.crossthehurdles.org

What extra care you need to take when you are extremely vulnerable?

Stay at home. Don't go out for shopping.

Talk to your doctor over the phone if you need to consult.

Spend time in fresh air.

Talk to your near and dear ones online or over the phone to stay connected.

Keep yourself mobile/active as much as possible.

If you are having food or medicines delivered, get them delivered at your doorstep.