

# the spread of COVID-19 & SCI

## Adapting

Your mouth is essential and used in special ways, but it's also a route for transmission.

*Clean your assistive devices!*



**Respiratory**  
Respiratory weakness makes for a worse prognosis if infection does occur. *Do breathing exercises!*



**Wash your hands. Cover your cough.  
Stay away from people who don't.  
Find out more at [bit.ly/MP-Covid19](https://bit.ly/MP-Covid19)**

## Living

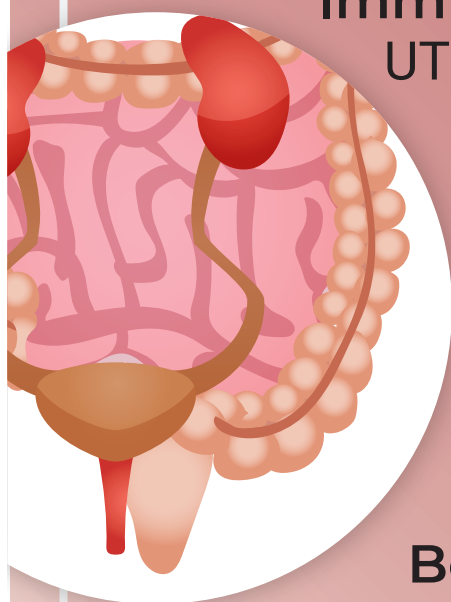
Living with a spinal cord injury requires interactions, both solicited and unsolicited, that increase likelihood of transmission.

*Extra hygiene precautions for everyone!*



## Immune System

UTI, wounds, and other inflammatory processes result in immune suppression that weaken the body's ability to fight the virus.



## Bowel

Bowel management might increase likelihood of transmission.

**Mobility**  
Hands contact objects that contact the ground, increasing likelihood of transmission.



*Increase awareness during routines and clean surfaces regularly!*