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

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!