

PEOPLE LIVING WITH AMYOTROPHIC LATERAL SCLEROSIS OFTEN HAVE A HARDER TIME WITH BREATHING AND LUNG FUNCTION. THIS INFORMATION SHEET HAS BEEN CREATED BY ALS CLINICIANS ACROSS CANADA TO HELP YOU KNOW WHAT TO DO DURING THIS PHASE OF THE COVID-19 PANDEMIC.

## Prevention

- Stay home except to get medical care.
- Wash your hands regularly with warm soap and water for 20 to 30 seconds.
- Clean all surfaces regularly that you touch every day including your phone, joystick and wheelchair armrests, tray, push rims, etc.
- **Keep 30 days of medical supplies and medication on hand as well as nutritional supplements (including tube feeding supplies).**

## Attendant care

- Discuss with your home care manager or agency how home health aides are screened and what backup will be provided for unwell workers.
- Call attendants/home health aides **before they come to your home** to ensure they have not travelled to an affected area or outside of Canada in the last 14 days and **that they do not have a fever, cough or breathing difficulties.**
- Ask attendants to wash their hands when they arrive and before they provide any care.
- Be sure you and your attendants wash your hands before AND after all care.
- Have a back-up plan if your attendant does not come to work or is sick.

Additional resources:

- [Self-isolation: Guide for caregivers, household members and close contacts](#) (Public Health Ontario)
- [Family caregivers and COVID-19 precautions caregivers need to take now](#) (Ontario Caregiver Organization)

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

- Check the website of or [call your local public health authority](#) for advice.
- Take the [COVID-19 self-assessment](#)
- Call the clinic (primary care or ALS clinic) that you usually attend before you visit to let them know you are unwell and have other health concerns.
- Isolate yourself at home if you develop fever, cough or respiratory symptoms

Additional resources:

- [I think I may have the new coronavirus. What should I do?](#) (Globe and Mail)

## STAY INFORMED

- Check the advice from your local provincial health authority (see provincial resources list below) every 24-48 hours.
- Assess online resources and verify their accuracy. There are many claims and recommendations that are not accurate. Google and Facebook are attempting to screen for misleading or inaccurate links and posts but rely on your local clinic, provincial information and the [ALS Society in your province](#) for the best and most up-to-date information.

## If you use a ventilator, non-invasive ventilation like BiPAP, or cough assist device

- Speak to your health care provider or respiratory therapist about the 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.

Additional resources:

- [CANVent website](#) (Canadian Alternatives in noninvasive ventilation)
- [Cough assist instructions](#) (if using)

## Provincial Resources

- [British Columbia](#)
- [Alberta](#)
- [Saskatchewan](#)
- [Manitoba](#)
- [Ontario](#)
- [Quebec](#)
- [New Brunswick](#)
- [Nova Scotia](#)
- [Prince Edward Island](#)
- [Newfoundland and Labrador](#)
- [Nunavut](#)
- [Northwest Territories](#)
- [Yukon Territory](#)

## General Resources

- [Coronavirus disease \(COVID-19\): Awareness resources](#) (Public Health Agency of Canada)
- [Coronavirus disease \(COVID-19\): Vulnerable populations and COVID-19](#) (Public Health Agency of Canada)
- [Disability-specific recommendations for COVID-19](#) (New Mobility Magazine)

**Note and Disclaimer:** This guidance was created by ALS clinical experts based on a document shared by clinical experts in the Spinal Cord Injury Community on March 16 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.