

GUIDELINES COVID-19 FOR WHEELCHAIR USERS

Prevent or control pain and sores

- ✓ **In a manual/manuel-motorized wheelchair:** vary the pressure points every 30 minutes by alternating several postures each time (sitting on one buttock then on the other, bending forward, crossing and uncrossing legs...).
- ✓ **In an electric wheelchair:** set electrically the tilt of the seat to a maximal amplitude (at least once hourly) as well as the seat recline and/or rest legs devices, do verticalise.
- ✓ **Air cushion:** before being installed in the wheelchair, ensure the cushion is not deflated or punctured.
 - ▶▶ If pain and/or sores appear or become significant, reach out to your **attending physician**.

Limit the risk of infection

Wheelchair-related

Every day (before being installed in the morning, after being uninstalled in the evening), clean and decontaminate with disinfectant towels all elements having being in contact with the body:

- seat cushion, seat-back cushion,
- head rest,
- arm rests,
- handrails,
- transfer handles,
- any remote controller for the wheelchair (joystick, pad) and any other appliance,
- foot rests (if one does not wear shoes),
- any other rest unlisted here.

Covers can also be machine washed once a week.

- ▶▶ Do not forget to decontaminate your cell phone and IT equipment regularly (pad, keyboard and screen)!



Caregiver-related

Every caregiver assisting you in transfers, meals (drinking, eating), mobilisations or any other kind of intervention should:

- be free of any symptoms suggesting a possible coronavirus infection,
- wash his/her hands with soap and water (or a hydro-alcoholic solution) prior to any intervention,
- wear a mask.

Get in touch with your medical equipment supplier

- An electronic or mechanical failure of your wheelchair?
- A damage on a tyre, a seat-cushion or a seat-back?
- Any other need of after-sales assistance?

- ▶▶   Contact your supplier!

In most countries, specialised retailers of medical equipment and orthopaedic items remain open and are allowed to work and receive lay customers during lockdown.