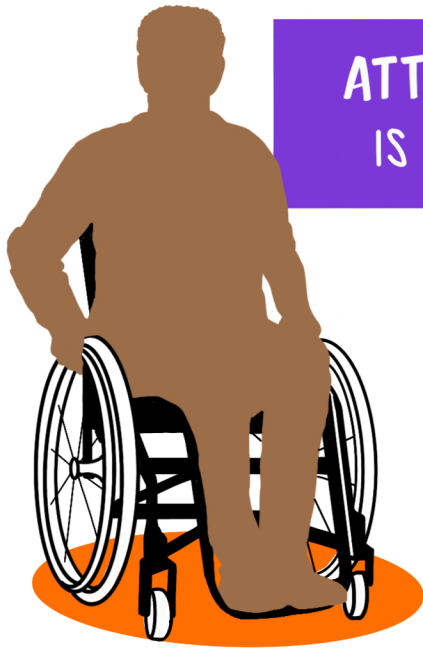


USING YOUR ASSISTIVE DEVICES IN THE ERA OF COVID-19



ATTENTION TO DETAIL & HAND HYGIENE IS ESSENTIAL WHEN USING ASSISTIVE DEVICES

- WALKERS
- CANES
- WHEELCHAIRS
- CRUTCHES
- SCOOTERS
- GRABBERS
- PROSTHETICS
- GUIDE DOG HARNESS
- ADAPTIVE UTENSILS

★ COVID-19 VIRAL DROPLETS AND HARMFUL BACTERIA CAN SURVIVE ON PLASTIC OR METAL FOR DAYS SO IT'S IMPORTANT TO KEEP ASSISTIVE DEVICES CLEAN.

1 WASH YOUR HANDS

FOR A MINIMUM OF 20 SECONDS OR USE HAND SANITIZER AND RUB OVER ALL AREAS OF THE HANDS UNTIL THEY ARE DRY.



ESSENTIAL TOOLS

FOR PEOPLE WITH DISABILITIES

2 DISINFECT DEVICES

THAT YOUR HANDS COME IN CONTACT WITH BEFORE AND AFTER EACH USE.

DIY DISINFECTANT

- MIX:
- $\frac{1}{3}$ WHITE VINEGAR
 - $\frac{1}{3}$ WATER
 - $\frac{1}{3}$ ISOPROPYL ALCOHOL WITH 70% ALCOHOL



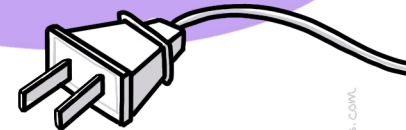
IN AN EMPTY SPRAY BOTTLE

3 CLEAN YOUR HANDS AGAIN

DO NOT SPRAY DIRECTLY ON DEVICE. USE A CLEAN CLOTH, PAPER TOWELS, OR DISPOSABLE WIPES.



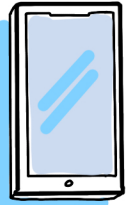
IF DEVICE IS ELECTRONICALLY POWERED, POWER IT OFF OR UNPLUG IT BEFORE CLEANING.



PREVENTION IS BETTER THAN TREATMENT

NAVIGATING DOCTOR VISITS DURING COVID-19

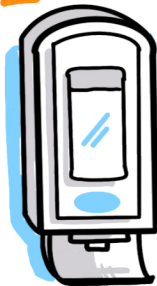
BEFORE YOU GO... **CALL** THE PRACTICE AND ASK HOW THEY ARE KEEPING PATIENTS SAFE OR ASK IF THEY CAN DO A TELEHEALTH VISIT INSTEAD



AFTER YOU ARE THERE... **MINIMIZE CELL PHONE USE** TO LIMIT SURFACES IT COMES IN CONTACT WITH. GENTLY WIPE IT DOWN WHEN YOU RETURN HOME

CLEAN YOUR HANDS

AFTER TOUCHING PENS, TOUCHSCREENS OR DOORKNOBS



WIPE DOWN ARMS OF CHAIRS YOU SIT IN



DO NOT SKIP APPOINTMENTS

MANAGING YOUR HEALTH SHOULD BE A PRIORITY

PREVENTION IS BETTER THAN TREATMENT

BE MINDFUL IN PUBLIC SPACES

WEAR A MASK

MEDICAL CONDITIONS, LIKE ASTHMA OR OBESITY, CAN INCREASE YOUR RISK OF DEATH FROM COVID-19

NOT CARING FOR EXISTING CONDITIONS SUCH AS HIGH BLOOD PRESSURE & HEART FAILURE ALSO INCREASES YOUR RISK OF ORGAN DAMAGE AND DEATH.

HEALTHCARE FACILITIES REQUIRE THEM

MAKE SURE YOUR PROVIDER CLEANS THEIR HANDS WHEN ENTERING THE ROOM

USE THEIR HAND CLEANING PRODUCTS...

ESPECIALLY AS YOU LEAVE THE OFFICE

REMEMBER TO WIPE DOWN ANY MEDICAL DEVICES YOU BROUGHT WITH YOU WHEN YOU GET HOME