**COVID 19: SCI-specific Health Concerns & Risks amid COVID-19 crisis**

|  |  |  |  |
| --- | --- | --- | --- |
| Organization Name | Website | Contact | Resources |
| The Rocky Mountain Regional Spinal Injury System | <https://craighospital.org/programs/research> | Craig Hospital, Englewood, CO(303) 789-8306 | * COVID & SCI/BI: <https://craighospital.org/blog/covid-19-spinal-cord-injury-and-brain-injury>
 |
| Southeastern Regional Spinal Cord Injury Model System | <https://www.shepherd.org>  | Shepherd Center, Inc., Atlanta, GA(404) 352-2020 | * COVID Q&A: <https://news.shepherd.org/qa-coronavirus-disease-2019-covid-19/>
 |
| Northern New Jersey Spinal Cord Injury System | <https://kesslerfoundation.org>  | Kessler Foundation, West Orange, NJ(973) 324-3567 | * Minimizing Risks for Complications: <https://kesslerfoundation.org/info/covid-19-and-spinal-cord-injury-minimizing-risks-complications>
 |
| Mount Sinai Hospital Spinal Cord Injury Program | <https://icahn.mssm.edu/research/spinal-cord-injury>  | Department of Rehabilitation Medicine, New York, NY(212) 659-9369 | * COVID Podcasts & Webinars: <https://www.cidrap.umn.edu/covid-19/podcasts-webinars>
* COVID Resources for People with Disabilities: <https://www1.nyc.gov/site/mopd/resources/covid-19-resources-for-people-with-disabilities.page>
 |
| Centers for Disease Control & Prevention | https://www.cdc.gov  | 1600 Clifton Road Atlanta, GA 30329-4027 USA800-CDC-INFO (800-232-4636), TTY: 888-232-6348[Email CDC-INFO](https://wwwn.cdc.gov/dcs/RequestForm.aspx) | * Higher Risk Individuals: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-What-You-Can-Do-High-Risk.pdf>
* How To Protect Yourself & Others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
* Cleaning & Disinfecting Your Home: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
* What You Can Do: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/what-you-can-do.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fget-ready.html>
 |
| New Mobility | <https://www.newmobility.com/category/covid-19/>  | Magazine for active wheelchair users | * Health & Safety During COVID: <https://www.newmobility.com/2020/05/covid-19-questions-answered/>
* Spotlight on Vent Users: <https://www.newmobility.com/2020/06/spotlight-on-vent-users/>
 |
| United Spinal Association  | <https://unitedspinal.org>  | 718-803-3782  | * Safe Shopping: <https://www.newmobility.com/2020/04/five-strategies-for-safe-shopping-in-the-time-of-covid-19/>
 |
| SCI Alberta | <https://sci-ab.ca>  | edmonton@sci-ab.ca 1-888-654-5444 | * Guidance for SCI Community During COVID: <https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-sci-community.pdf>
 |
| SCI Ontario | <https://sciontario.org>  | info@sciontario.org416-422-5644  | * Taking Care of Your Respiratory Equipment: <https://www.youtube.com/watch?v=27pLp4BpThM&feature=youtu.be>
* Respiratory Care: <https://www.youtube.com/watch?v=H5NLWQL4WIs&feature=youtu.be>
* Emergency Preparedness: <https://sciontario.org/emergency-preparedness-be-bold-be-safe-be-proactive/>
* Hand Hygiene for people with SCI: <https://sciontario.org/wp-content/uploads/2020/03/Handwashing-guide.pdf>
* Extra Pre-Cautions for Those with Physical Disabilities: [https://newsnetwork.mayoclinic.org/discussion/expert-alert-when-you-cant-cough-―-extra-covid-19-precautions-for-people-with-physical-disabilities/?fbclid=IwAR2OaAUd2LuesUt2KQ4EWdd78IPWIWRnaQodsQfBn9jZGBWDuH5o0rx1cgs](https://newsnetwork.mayoclinic.org/discussion/expert-alert-when-you-cant-cough-%E2%80%95-extra-covid-19-precautions-for-people-with-physical-disabilities/?fbclid=IwAR2OaAUd2LuesUt2KQ4EWdd78IPWIWRnaQodsQfBn9jZGBWDuH5o0rx1cgs)
* How to Protect Vulnerable People from COVID: <https://news.ontario.ca/opo/en/2020/04/ontario-takes-further-action-to-protect-vulnerable-people-from-covid-19.html?utm_source=ondemand&utm_medium=email&utm_campaign=p>
* COVID Screening: <https://onf.org/wp-content/uploads/2020/03/SCIO-COVID-19-Screening-Tool.pdf>
 |
| SCI BC | <https://sci-bc.ca> | info@sci-bc.ca1 800 689 2477  | * General Respiratory Health: <https://sci-bc.ca/wp-content/uploads/2020/03/spin-december-2016-spin-doctor-preventing-pneumonia.pdf>
* SCI & COVID Q&A: <https://www.youtube.com/watch?v=bw2r_AsgPgo>
* Ask An Expert: <https://www.youtube.com/watch?v=4mjncxNe15s>
 |
| Various News Articles |  |  | * First SCI COVID Case: <https://www.nature.com/articles/s41394-020-0274-9>
* Coronavirus & SCI: <https://www.christopherreeve.org/blog/daily-dose/the-coronavirus-and-spinal-cord-injury>
 |