USING YOUR ASSISTIVE DEVICES IN THE ERA OF COVID-19

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

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.

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

3. CLEAN YOUR HANDS AGAIN

PREVENTION IS BETTER THAN TREATMENT

ESSENTIAL TOOLS
FOR PEOPLE WITH DISABILITIES

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

DIY DISINFECTANT
MIX: 1/3 WHITE VINEGAR
1/3 WATER
1/3 ISOPROPYL ALCOHOL WITH 70% ALCOHOL
IN AN EMPTY SPRAY BOTTLE

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.
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.

Do Not Skip Appointments
- Managing your health should be a priority.

Prevention is better than treatment.
- 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.

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.

Be Mindful in Public Spaces
- Wear a mask.
- Healthcare facilities require them.

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.

HCSEF
Health Council of Southeast Florida
Lake Okeechobee Rural Health Network, Inc.
Palm Beach County Community Services
Palm Beach County Health Department
Florida Department of Health in Palm Beach County