15 THINGS WE KNOW SO FAR

About COVID-19 for people affected by Duchenne or Becker

Saturday March 14, 2020
There are no confirmed cases yet of DMD/BMD with COVID-19.
COVID-19 & DMD/BMD

People with Duchenne/Becker seem not to have a higher chance of catching the virus.
COVID-19 & DMD/BMD

Being on (non-invasive) ventilation or using a cough assist does not affect chances of catching the virus.
COVID-19 & DMD/BMD

Handwashing with water and soap is most important for everybody (patients and carers). Cleaning surfaces, door handles and touch screens is also an important measure.
COVID-19 & DMD/BMD

Stay at home as much as possible and encourage others to do the same
#Home4Duchenne
#Home4Becker
COVID-19 & DMD/BMD

Postpone non-urgent hospital visits, or resort to telephone consultations instead.
In countries where schools are still open, it is advised to keep children on (daily) steroids at home, as well as children who are respiratory compromised.
Using steroids at the dose given in Duchenne is not considered a problem. Do not stop taking steroids as this will initially put the patient at a higher risk.
Do not make any changes in your medication regimen, unless your clinicians advise so. This is also advised for ACE-inhibitors.
It could be wise to order a supply of the medicines you are taking for an extra month or 2 in case of shortage.
In general, patients with respiratory insufficiency should have been immunised for whooping cough and pneumococcal infections. However, this gives no protection against catching COVID-19.
No specific foods or vitamins are said to help against any virus. Children should generally often eat fruit and vegetables in order to get their vitamins and minerals.
Duchenne and Becker patients will be at a higher risk if they catch the virus, as it can cause viral pneumonia, and pneumonia is always a risk for respiratory failure in this population.
Cardiac disease is a risk factor, so for the Duchenne and Becker patients with heart failure there is a higher risk of being severely impacted by a COVID-19 infection.
COVID-19 & DMD/BMD

We cannot stress enough the rules of common sense and hygiene, applicable to the general population and even more important for the helpers and caregivers.