



Coronavirus (COVID-19) Precautions for FOP Families March 18, 2020

In light of the continued and rapid spread of Coronavirus (COVID-19), ICC has the following recommendations for the people living with FOP and their families and caregivers. People living with FOP are a high risk of severe illness with COVID-19 and it's paramount to **prevent infection and self-isolate**. Prednisone and other immunosuppression medications can further increase that risk. The recommendations are changing rapidly and are country specific.

- **Follow the latest news on the Centers for Disease Control (CDC) website [here](#) or the World Health Organization (WHO) [here](#) to keep yourself and your family healthy.**
- **Please follow the advice of your local health authority**

General guidelines recommended by the ICC:

- **STAY at home, no outside visitors unless absolutely necessary.**
- Avoid close contact with people who are sick with any cold symptoms or recent travel in the past 2 weeks.
- If you are in clinical trial, please communicate with your site for local recommendations.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe, including ipad, phone, laptops.
- Rest, stay well hydrated and self-isolate.
- Wash your hands often with soap and water **for at least 20 seconds.**
- Have personal aides or caretakers wash their hands soap and water **for at least 20 seconds** before assisting you.
- Avoid touching your eyes, nose, and mouth.
- Avoid high-touch surfaces in public places – elevator buttons, handles, handrails, handshaking, etc. Use a tissue or your sleeve to cover your hand or fingers if you must touch something.
- Wash your hands after touching surfaces in public places.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

- The concern with NSAIDs (non-steroidal anti-inflammatory drugs), ACEi (angiotensin-converting enzyme inhibitor) and ARB (angiotensin receptor blocker) increasing risk of COVID-19 infection and severity of illness is still evolving and unclear, please contact your healthcare provider before stopping or starting medications. At this time, the most important thing is to **prevent infection and self-isolate**.

Take steps to prepare for possible infection:

- Contact your healthcare provider to ask about getting an extra supply of your regular prescription medicines to have on hand if there is an outbreak of COVID-19 in the community and you need to stay home for a long period of time.
- Be sure you have over-the-counter medicines and supplies (tissues, etc.) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for an extended period of time.
- For respiratory concern or airway management questions please contact:

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The recommendations are evolving rapidly; we will do our best to update you on a regular basis.