

**COVID-19**

**Pandemic Risk  
Reduction**

# **Wheelchair users precautions for COVID-19**

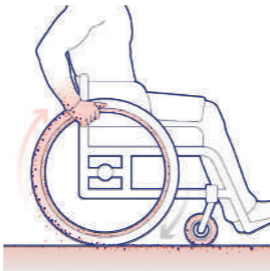
We would like to share important information regarding COVID-19 precautions to be taken by wheelchair users.

For people with disabilities, and especially wheelchair users, the coronavirus poses unique challenges because wheelchairs are touched frequently and in many places.

Because the coronavirus can live for up to 72 hours on hard surfaces, it's important to conduct regular cleaning. To protect against the coronavirus, surfaces need to be both cleaned and disinfected.

Beyond any type of cleaning you may already do to your chair you should also disinfect areas that are frequently touched.

## CLEAN HANDS



**Tires transfer the virus to the hands, and your hands transfer the virus to the handrims.**

**Washing your hands** is incredibly important. Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from any activity that involves locations where other people have been.

Wearing gloves when pushing is another option to keeping your hands cleaner. However, if you wear gloves you might need to think about where you set them, as they may now be infected with a virus.

## CLEAN WHEELCHAIR



Pushing the chair forward and applying anti-bacterial soap will clean your handrims.

**Washing the surfaces on your wheelchair** is an important practice. All solid surfaces that we touch could potentially have viruses on them.

Use two washcloths or paper towels wet with antibacterial soap and push your wheelchair around, sliding the wash cloths on the handrims as you move around.

## CLEAN WHEELCHAIR



Make sure to wipe down all surfaces on your wheelchair that you or others regularly touch.

Regularly clean grab bars and other surfaces that you touch when making transfers into or out of your wheelchair.

If you do not clean your wheelchair or at **after washing your hands you will re-infect your hands** with the virus that might be on the handrims or other surfaces that you touch.

It can be helpful if someone else washes your tires and handrims while you are not using the chair.

## PHYSICAL DISTANCE



**Wheelchair users sit lower and are more vulnerable to infected saliva droplets.**

Because wheelchair users tend to sit lower than most people that are standing, we can experience more exposure to saliva droplets when talking to people taller than us. Many medical professionals have recommended observing a minimum of **1 metre of distance** to those around you to alleviate this risk.

It is important to **limit hand-to-face contact** as much as possible, and it is recommended that you **wear face mask** to protect yourself.

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Content by Peter Axelson, Beneficial Designs



**COVID-19 Pandemic Fund**

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