



15 THINGS WE KNOW SO FAR

About COVID-19 for people
affected by Duchenne or Becker

Saturday March 14, 2020

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

Do not make any changes in your medication regimen, unless your clinicians advise so. This is also advised for ACE-inhibitors.

COVID-19 & DMD/BMD

It could be wise to order a supply of the medicines you are taking for an extra month or 2 in case of shortage.

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

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.

COVID-19 & DMD/BMD

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