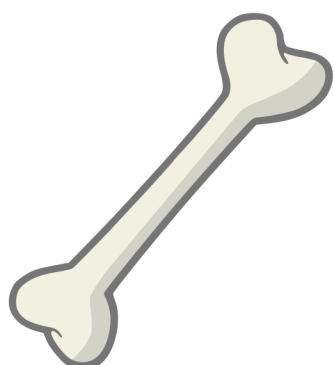


WINTER SAFETY, PREVENTION & PREPAREDNESS



Falls and Fractures

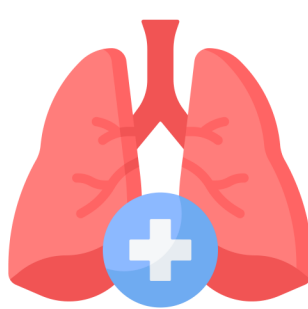
The best prevention for falls leading to fractures is safety! Use caution on snow and icy surfaces, wear shoes to prevent slipping, keep paths in the house clear, and always wear your seat belt when using a wheelchair, scooter, or riding in a car.

Spending most of our time indoors with others leads to increased transmission of respiratory viruses and other illnesses. People with Duchenne and Becker are at higher risk for complications secondary to respiratory infection.



Avoid Illness

Protect yourself and your family through seasonal vaccinations, practicing hand hygiene and disinfecting surfaces, and avoiding others who are sick.



Receive Regular Care

Routine pulmonary function tests (PFTs) will monitor breathing and coughing function. If cough is weak, it's important to use cough assist methods, especially when sick.



Safety Preparedness

It's never a bad idea to be prepared with emergency supplies, extra medication supply, backup power sources, emergency care planning, and an exit strategy.



Emergency Information

Ensure you always have emergency information on hand, including a recent clinic note and other important documents. PPMD also has emergency information cards and other resources that can be given to emergency personnel.

[PARENTPROJECTMD.ORG/EMERGENCY](https://parentprojectmd.org/emergency)