

DR. WONG'S GUIDE FOR
EXON TO STAY HEALTHY

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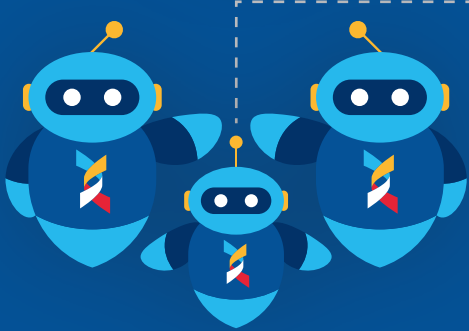
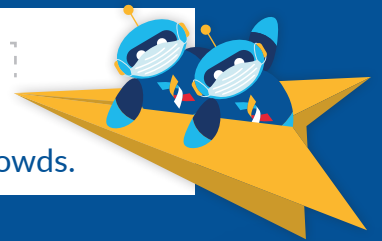


1. PERSONAL HYGIENE

Wash your hands or use hand sanitizer, and don't touch **MEN** (Mouth, Eyes and Nose).

2. TRAVEL

If travel or going out is necessary, Duchenne patients on steroids should wear a mask in places where there are crowds.



3. SOCIAL GATHERINGS

Stay away from social and community gatherings during the transmission period of the virus. Folks staying home cuts down the risk of acquiring and disseminating the virus to others.



4. SYMPTOMS

If showing signs of fever and a cough, go see your pediatrician or Physician. They will check out your lungs, listen for crepitations, take a chest X-ray and test for coronavirus (COVID-19).

5. TREATMENT

With no lower respiratory tract findings, treatment strategies are similar to managing flu – hydration, mucolytic and airway clearance to help minimize the spread to lower respiratory tract.

6. SEEK MEDICAL HELP

Monitor your fever and shortness of breath. If worsening, see your pediatrician or Physician for evaluation and admission.

