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.

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