



Coronavirus Disease (COVID-19) Readiness Checklist For Mitochondrial Disease Patients and Caregivers

As we work as a society to 'bend the curve' of COVID-19, there are persons in who have more vulnerability to this virus. Persons living with mitochondrial disease and their immediate family would be considered in the 'high risk' group due to compromised immune systems and medical fragility.

MitoCanada Foundation has put together a list of recommendations to support you during this time. As always, follow the specific recommendations of your municipal/provincial health authorities and the [Public Health Agency of Canada](https://www.canada.ca/en/public-health/services/covid-19/).

- ☐ Have an up to date care management plan for yourself or your loved one living with mitochondrial disease. Your care plan should include: brief history of your condition/diagnosis, medications/supplements you are taking, recommended interventions in case of a metabolic/mitochondrial crisis, most responsible physicians engaged in your care, and any contraindications re: medications/interventions. Please bring a paper copy with you should you or your loved one need medical attention.
- ☐ Create a packing list (or even pack a bag) with essential items should you or your loved one need to seek medical attention. It is possible that assessment could take time or require hospitalization and you may not be able to return home easily for supplies. This should include your care management plan, all medications, feeding supplies (if the person has a G-tube), diapers (if applicable), spare clothes, books, phone chargers, etc.
- ☐ Ensure your emergency phone numbers and contact information for your most responsible physician and/or medical team is up to date.
- ☐ Ask your trusted medical team if there are any specific directions of what to do should you or your loved one become ill, including protocol/alternatives for visiting the emergency department at hospitals.
- ☐ Be sure you have a long term supply of any medications, medical supplies, and supplements you require.
- ☐ Practice good isolation practices at home if you become sick. Try to distance yourselves from one another when possible and enhance cleaning/disinfection practices. Create an area for your loved one to be isolated if they are experiencing symptoms - this might be a room in your house.
- ☐ Have a good supply of soap, cleaning supplies/disinfectants, and possibly personal protection equipment (masks).
- ☐ Let any friends, families, neighbours know you are enhancing your physical distancing by placing a sign at your front door. For example:

Thank you for coming by to visit and check in. We have a medically fragile person in this home, and are currently enhancing our physical distancing due to the COVID-19 outbreak, and cannot welcome you at this time.

- ☐ If you do welcome anyone into your home (for specific/unique reasons), ensure they wash their hands thoroughly and are not experiencing any symptoms of COVID-19 or any other illness.