

COVID-19 and CBD (Corticobasal Degeneration)

In response to the global outbreak of Covid-19 (Coronavirus) we are sure people with CBD, their families and carers will be concerned. Therefore we offer the following information at this difficult time.

Guidance from the Association of British Neurologists advises that neurological conditions that affect swallowing or breathing may increase the severity of COVID-19 infection. It is therefore important that the following precautions should be taken:

- **Social distancing is recommended for all people with any neurological condition, their carers and family.**
- **Self-isolation is recommended for people in the high-risk category.**

The full guidance paper can be found here: <https://www.theabn.org/news/495261/ABN-Guidance-on-COVID-19-for-people-with-neurological-conditions.htm>

It is important that everyone undertakes the following advice:

- Wash your hands often with soap and water for at least 20 seconds. Please use an alcohol-based hand sanitiser if soap and water is not available
- Cover your cough or sneeze with a tissue or a sleeve
- Clean and disinfect objects and surfaces that you regularly touch at work and at home
- Don't touch your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who have active symptoms
- Stay home if you start to experience symptoms and avoid close contact with vulnerable people

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

These symptoms do not necessarily mean that you have the illness. The symptoms are similar to other illnesses that are much more common, such as cold and flu.

Should you have any concerns or need additional advice it is important that you contact a doctor or healthcare provider immediately.

Further information and advice may also be available from one of the following patient organisations who represent people with CBD.

PSP UK

helpline@pspassociation.org.uk

www.pspassociation.org.uk

PSP Australia		www.psp-australia.org.au
PSP Canada	Info@pspcanada.ca	www.pspocietycanada.ca
PSP France	pspfrance@orange.fr	www.pspfrance.org
PSP Germany	info@psp-gesellschaft.de	www.psp-gesellschaft.de
PSP India	N/A	www.parkinsonsdiseaseindia.com
PSP Ireland	pspireland@gmail.com	www.pspireland.ie
PSP Japan	pspjapan-wgic@freeml.com	www.pspcbdjapan.org
PSP New Zealand	info@parkinsons.org.nz	www.parkinsons.org.nz
PSP Switzerland	info.romandie@parkinson.ch	N/A
Parkinson Alliance of Taiwan	N/A	www.pdcare.org.tw
PSP USA	info@curepsp.org	www.psp.org

Advice from the WHO can be found here

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>