

In A Nutshell April 2020 MS & Covid-19*

MS itself doesn't put you at a higher risk of contracting COVID-19. However, if you commonly experience certain MS symptoms, they could be exacerbated by any respiratory illness, including COVID-19. Symptoms like this could include difficulty breathing or other respiratory issues, fatigue, pain and more. COVID-19 is likely to produce a fever, which could worsen MS symptoms as well. Patients with significant neurologic disability may also be at higher risk of having more severe symptoms with COVID 19.

If you have MS and get an infection -- be it COVID-19, flu, cold, a bladder infection, stomach upset or any other bug or virus -- the way your body deals with the infection (for example a fever) can cause a temporary worsening of MS symptoms. Once you've recovered from the infection, your MS symptoms will settle down. If your MS is more severe (for example if you are wheelchair-bound or bed-bound), you may have a higher risk of developing complications from COVID-19 or other infections. If you find it difficult to clear your lungs, there's an increased risk of a cold or flu developing into a more serious chest infection such as pneumonia.

Your first source of information should always be your federal, state and local health departments. [CLICK HERE for general information](#) from the US Centers for Disease Control and Prevention, including guidelines you should follow to protect yourself and others.

*And always make sure you consult with your neurologist or primary care doctor.

<https://multiple-sclerosis-research.org/2020/03/covid-19-and-dmts/>

<https://www.mscenter.org/education/publications/ems-news-articles/898-ms-and-covid-19-coronavirus>

https://multiplesclerosisnewstoday.com/columns/2020/03/17/covid-19-coronavirus-dmts-disease-modifying-therapies-twitter-social-media?utm_source=Multiple+Sclerosis&utm_campaign=ba2f932d75-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-ba2f932d75-71589013

Just For Fun:

Now that we are sequestering ourselves in our homes take the time to check out these activities that you can do online: tours of zoos and aquariums, virtual rides at Disneyland, walking tour around Disney World, etc. No need to park, no need to wait on lines, no overpriced beverages. Just relax and enjoy these virtual experiences.

https://multiplesclerosisnewstoday.com/disabled-to-enabled-a-column-by-jessie-ace/2020/03/20/how-you-can-travel-the-world-from-your-couch/?utm_source=Multiple+Sclerosis&utm_campaign=2c5d860bde-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-2c5d860bde-71589013