



राष्ट्रीय गतिशील दिव्यांगजन संस्थान  
**National Institute for Locomotor Disabilities (Divyangjan)**

(दिव्यांगजन सशक्तिकरणविभाग, सामाजिकन्याय एवं अधिकारिता मंत्रालय, भारत सरकार)  
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**TAKING CARE OF YOUR 2<sup>ND</sup> HOME**

**Management for wheelchair and tricycle in COVID-19**

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## **STAY SAFE , STAY HEALTHY**

- **WASH YOUR HAND** – wash between your fingers and the back of your hands and use an alcohol based sanitizer after.
- **DON'T TOUCH** – refrain from touching with your mouth, eyes, and nose without washing your hands.
- **GET A NEW MASK** – avoid wearing the same mask every day. Try to get a new mask or prepare your own.
- **COVER YOUR MOUTH** – always cover your mouth with a tissue before you sneeze or cough.
- **KEEP SAFE DISTANCE** – keep at least a safe distance of a metre from the person who is sneezing or coughing.
- **DON'T SHARE** – do not share your personal belongings like towel, soap, cups etc.
- **STAY SAFE** – stay up-to- date with the latest news of COVID-19 and follow your doctor's advice to stay free from this stubborn virus.
- **CONSULT DOCTOR** – if you're suffering from cold and cough for more than week, pay a visit to your doctor.

## WHEELCHAIR MANAGEMENT

### An extra care for your WHEEL'S:-

- ❖ The wheelchair must be cleaned with a damp cotton cloth with a little soap water in it and allowed to dry up properly under room temperature or fan before its usage.
- ❖ Use an antibacterial solution (like Dettol/savlon ) to clean high touch surfaces such as wheels, brakes and push rims of a manual wheelchair throughout the day.
- ❖ If you are stepping outside for emergency purpose from your home in nearby area, keep at least 6 feet distance from other people and also from other wheelchair users, if possible.
- ❖ Use gloves while roaming outside and immediately put off them as soon as you enter the house. And clean the wheelchair again after entering in the same process.
- ❖ Try to avoid stepping outside unless it is equally important and wash your face, in addition to your hands after being in public and after having in-person conversation.
- ❖ Try to avoid contacting your wheelchair with anyone inside or outside the home and even with the children's.
- ❖ For a powered wheelchair, use an antibacterial solution or alcohol based hand sanitizers to clean the joysticks and any other armrests, trays, or any parts your hand touches.
- ❖ Change your position of your own if possible or tell family member/friend who is residing with you to help for sitting too long on wheelchair and use a soft cushion or pneumatic cushions to relief pressure.
- ❖ If the soft cushions are not available then, a soft cotton cloth with 3-4 layers may be folded and turned to a cushion, thus helping in absorbing perspiration also.

## **TRICYCLE MANAGEMENT**

### **Tri care for your Tri cycle!!!**

- ❖ Amid this pandemic period where it is not possible for stepping outside, the care for tricycle must be taken by the user for its durability and operation.
- ❖ The first and the foremost thing are to limit the use of tricycle and its exposure to outside environment.
- ❖ In case of emergency or helplessness, the tricycle must be clean properly before and after use, by a soap water mixture and dried up properly.
- ❖ Use an antibacterial solution (like Dettol/savlon) to clean high touch surfaces such as handles, brakes, foot rest, and seat cushion and back rest etc. nicely.
- ❖ After the use of tricycle, it should be placed at an isolated place and covered properly with either any polybag or any cloth and should be avoided to make contact with it by any other person or children's.
- ❖ To keep it functional, try to use it a few meters if possible but not to the outside or any crowded place. And proper hygiene must be taken.
- ❖ Try to keep 6 feet from others, when possible and wash your face, in addition to your hands after being in public and after having in-person conversation.
- ❖ Use a soft or pneumatic cushions or cloth made cushions for comfortable sitting and change your positions frequently while sitting.
- ❖ Use mask and gloves if possible while riding the tricycle to outside.

## **HEALTH IS WEALTH**

- ❖ Peoples, who are bound to use either tricycle or wheelchair, are at a risk of developing respiratory issues. So they need extra care in this crisis as their movement is almost restricted.
- ❖ Stay hydrated to keep lung secretion thin and perform deep breathing exercises which can help to clear lungs and decreases the cough depositions.
- ❖ Eat a healthy, well- balanced diet to boost immune system.
- ❖ Spend time with your family and socialize with peoples through internet/ phone calls to reduce mental fatigueless.
- ❖ Don't avoid any health issues. Do contact nearby doctors if problems persists.
- ❖ Continue home based training and therapeutic exercises as per physical therapist advice.

## **TROUBLESHOOTING AND PRECAUTIONS**

- ❖ If possible use machine oil to grease the spokes, brakes and chain in tricycle and wheelchair.
- ❖ Use a cloth covering over the seat cushion and back rest to avoid its wear and tear.
- ❖ After cleaning, the parts must be dried properly in order to avoid it from rusting.
- ❖ For powered wheelchair, the battery must be charged properly, and the parts must be handles with care to avoid its wear and tear.
- ❖ The air pressure of wheels must be checked before its use, and filled if possible.
- ❖ Tighten each screw and nut at home using plier/screw driver if possible.

## **YOUR SERVICE OUR RESPONSIBILITY**

- If any problem arises call us by contact as given below to schedule an appointment.
- If you have more numbness, tingling, pain, loss of bowel or bladder function or are less able to move or do daily activities call us immediately
- **Website:** <http://niohkol.nic.in/Covid19.aspx>  
Dr. P. Lenka @9433175340, Whatsapp  
Email : [deptpo.nild@gmail.com](mailto:deptpo.nild@gmail.com)  
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