



## Usher Initiative Austria

### **Precautions and guidelines for people living with vision and/or hearing loss due to Usher Syndrome and other related diseases**

#### **For family members and people living in the same household**

BEFORE and AFTER each physical contact/interaction/communication:

- wash your hands 20 sec following the instructions of the World Health Organisation WHO with liquid soap or use alcoholic hand sanitizer

#### **For people not living in the same household like personal assistants or caretakers and interpreters** (sign language, close sign language, tactile language, finger alphabet)

BEFORE each contact/interaction all should:

- wear face masks (disposable or self-made and washable)
- wash hands or use hand sanitizer according to WHO recommendations
- gloves (disposable or cotton) recommended

AFTER each contact/interaction:

- dispose masks and gloves in household waste or
- wash cotton masks and gloves
- use hand sanitizer or wash hands

#### **In public areas:**

- leave home only in accordance with your national containment directives
- never touch face (esp. mouth, nose, eyes) to prevent infection
- wash hands or use hand sanitizer after each contact with surfaces or packaging material (plastic, metal, cardboard, paper) when in public transports, taxis or when shopping daily needs
- wear masks and gloves (disposable or washable)
- try to save surgical and FFP masks for Healthcare Professionals and caretakers and other vulnerable groups at higher risk
- use disposable tissue or sneeze into elbow to protect others

#### **For medical consultations:**

- contact your doctor or healthcare provider by phone or email before any consultation
- see health care professionals or go to hospital only in case of absolute emergency (also a retinal detachment or any other conditions leading to immediate vision loss is an urgency)
- apply additional precautions as described above

- schedule regular assessments and follow-ups (eye, ENT, ...) for later

### **In case of hospitalization and/or treatment due to COVID-19:**

- no self-medication! (cave: chloroquine harmful for retina and toxic for body)  
- treatments to be prescribed by healthcare professionals only and to be accorded with your eye expert (cave: chloroquine use contra-indicated with retinal or neuroophthalmological conditions)

International COVID-19 information WHO:

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)

For Europe: European Center of Disease Prevention and Control ECDC:

<https://www.ecdc.europa.eu/en>

For the US: COVID-19 Information Center of Disease Control and Prevention CDC

<https://www.cdc.gov/>

For COVID-19 information in your country see website of your national Health Authority

For Austria:

Austrian Ministry of Health COVID-19 info and updates in German language:

<https://www.sozialministerium.at/Coronavirus---Sprachen/Leichter-Lesen---Corona-Virus-in-Oesterreich--Die-wichtigsten-Informationen.html>

Austrian Ministry of Health COVID-19 info and updates in Austrian sign language:

<https://www.sozialministerium.at/Services/Inhalte-in-Gebaerdensprache.html>

Austrian Ministry of Health COVID-19 info and updates in easy language (German):

<https://www.bundesgesundheitsministerium.de/coronavirus/coronavirus-leichte-sprache.html?fbclid=IwAR2n1IeD0UmAo8ZLzxa0bhgUTR07X3n691ySIDRuTZQ4jTGjHSBt9Go9pcE>