

**COVID-19: Guidelines on Charcot Marie Tooth disease from the Neuromuscular Service, National Hospital for Neurology and Neurosurgery (NHNN), Queen Square, London.**

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The following are general guidelines and are adapted from NHS website and Public Health UK.

Charcot Marie Tooth disease (CMT) is a condition that affects sensory and/or motor nerves. For most patients with CMT, your risk is the same as the general public. HOWEVER- there are patients with CMT who have additional problems due to their CMT (e.g. some patients, including some with kyphoscoliosis, neuromuscular chest problems, diaphragm weakness or vocal cord paralysis may require help with their breathing such as with NIV or CPAP at night). If you are on CPAP or NIV please contact your Respiratory Centre for information. Patients with CMT may also have other unrelated medical problems that put them at risk.

If you fall frequently or have balance problems please be MINDFUL. We need to bear in mind that A&E and GP services will be under much more pressure than usual. This will mean delays in all usual hospital services.

If you are on regular medications contact your local GP services on how to get your repeat prescriptions and their contingency plan in the event of decreased services.

Please visit the Centre for Neuromuscular Diseases and the Association of British Neurologists (ABN) websites for more information: The ABN website has a patient section and will be updated regularly.

<https://www.ucl.ac.uk/centre-for-neuromuscular-diseases/>

[https://www.theabn.org/page/covid-19\\_patients](https://www.theabn.org/page/covid-19_patients)

**General Health Advice (from DHSC/PHE/FCO, updated 23 March 2020)**

The risk of Coronavirus has been raised to high.

1. The government published its coronavirus action plan on 3 March. The Prime Minister has issued strong and clear guidance on 23<sup>rd</sup> March 2020 to **STAY AT HOME**
2. The Health Protection (Coronavirus) Regulations 2020 have been put in place to reduce the risk of further human-to-human transmission in this country by keeping individuals in isolation where public health professionals believe there is a reasonable risk an individual may have the virus.
3. **STAY AT HOME** except for essential grocery shopping, medical visits or one trip for exercise per day and do not congregate in groups of more than 2. Stay 2 metres apart.
4. All non-essential travel has been strongly discouraged both within and outside the UK, if at all possible. Risks of not being able to return are very high. People who are returning to the UK and have symptoms of coronavirus have been advised to self-isolate for 14 days.
5. Patients with symptoms to suggest Coronavirus should self-isolate for 7 days and contact 111.

6. Patients at High Risk are advised to **self isolate** for 12 weeks. The important list of conditions and drugs can be found of the ABN website [here](#)
7. If you are in a high risk group you are advised to self isolate and register at <https://www.gov.uk/coronavirus-extremely-vulnerable>

### **Preventing Coronavirus infection:**

- a. **STAY AT HOME**
- b. Avoid close contact with any other people, not only those who are unwell.
- c. Social isolation is now essential for those over 70, and those under 70 but with other underlying medical conditions
- d. Hand hygiene is very important for preventing spread of infection - wash hands with soap and water (or use alcohol hand gel) as often as possible especially after going outside.
- e. Cover the mouth and nose when coughing or sneezing with a tissue or a sleeve
- f. There is no evidence that wearing surgical masks reduces the risk to an unaffected individual.
- g. If you have a new continuous cough or high temperature please self-isolate for 7 days. If a member of your family or somebody that you live with has symptoms then your household will need to self-isolate for 14 days. Ask someone else to do your shopping for essential groceries.

### **General advice**

Advice from PHE is updated daily [here](#)

If you or any members of your family have symptoms suggestive of coronavirus please do not come to the hospital unless it is absolutely essential

Do not travel

### **We are advising those who are at increased risk of severe illness from coronavirus (COVID-19) to be socially isolate immediately for 12 weeks.**

This group includes those who are:

- aged 70 or older (regardless of medical conditions)
- Anyone with the neurological conditions listed in this document [here](#)
- In addition to the neurological conditions, anyone under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
  - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
  - chronic heart disease, such as heart failure
  - chronic kidney disease
  - chronic liver disease, such as hepatitis
  - diabetes
  - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
  - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
  - being seriously overweight (a BMI of 40 or above
  - those who are pregnant