



The only charity concerned specifically with the needs of those who have Severe ME

<https://25megroup.org/me>

re Coronavirus and members of the 25% ME Group, Severe ME charity

Message from Dr Willy Weir
and Dr Nigel Speight, Medical Advisor to 25% ME Group
<https://25megroup.org/patrons-trustees-advisers>

Update to the advice given on 29 February 2020

We have been asked to give some medical advice on the subject. We should stress that we have no real expertise on epidemics like this.

However, one can say the following on common sense grounds:

PWME should be aware of the fact that they sometimes do not develop a fever when they acquire a virus infection.

The same may be possible with CoVid19, but lack of such fever in this instance almost certainly indicates mild illness.

Normally healthy people may not feel sick at all, or may suffer only mild illness.

Face masks are very unlikely to prevent the spread of this virus.
Supplementation with Vitamins D, C and zinc may also add a degree of protection

The government advised precautions such as hand washing etc should be scrupulously adhered to.

Self isolation in the event of proven illness will mean that affected carers may have to stay away from their charges, in which case an alternative arrangement may have to be made.