

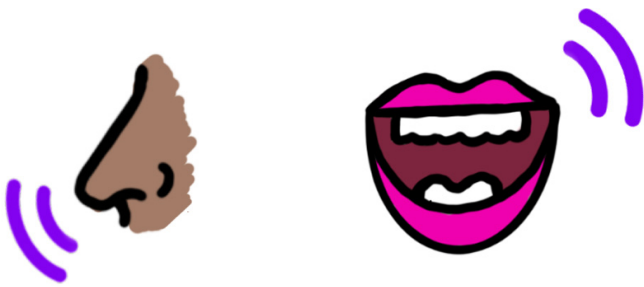
Recognising symptoms for people with SPD

March 2020 has shown rise to COVID-19 which is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. If you're sick with novel coronavirus (COVID-19), your symptoms might include:

* fever, * a cough, * sore throat, *fatigue, *shortness of breath

We know that for people with Sensory Processing Disorder (SPD) they can respond to the way their body feels in a different way to others.

Some people may find it difficult to recognise these internal sensations of how their body is feeling so we must take this into consideration



Things to consider when looking for symptoms for COVID-19

We know that some people with SPD may be over-responsive to sensory messages. This can mean for internal messages that they explain, describe or show that they are in a lot of pain when we might only expect a mild pain.

For example recovering from a broken bone may take a considerably longer amount of time for someone to be healed from if they are over-responsive.

Symptom considerations for people who are over-responsive (hyper-sensitive).

*People may recognise changes in body temperature very quickly and comment on being hot / cold or respond to this through the clothes they are wearing.

*A sore throat can feel incredibly painful and so you may hear people describing the pain or communicating it by eating different food or refusing to eat, eating certain temperature of food (soft, cool), or by poking / pinching their neck.

*Show signs of exhaustion a lot quicker than usual, especially if they are 'passive' at recognising what their body is feeling.

*May recognise they are short of breath and feel quite anxious about it.

Symptom considerations for people who are under-responsive (hypo-sensitive).

*They may find it difficult to know when they are feeling hot so look for signs of being warm, pink cheeks, sweating and take a temperature regularly if you are concerned.

*Someone may not show signs of having a sore throat, only when it is really sore they may recognise the sensation and refuse food.

*It's likely that someone who is under-responsive will carry on as usual until they are very poorly, their body may try and communicate it to them but it will be hard to recognise.

* We need to keep constant checks on this community of people with SPD.



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