

COVID-19 Dissemination Toolkit for SCI Model System Researchers

Dear SCI Model System Researchers,

The [Model Systems Knowledge Translation Center](#) (MSKTC) has developed this toolkit to help individuals with SCI to stay healthy during the coronavirus/COVID-19 pandemic. Please use the sample language below to send social media messages and newsletter stories to your network to make others aware of the MSKTC resources available.

Section 1: Social Media Messages

- In these unprecedented times, #MSKTC resources can help people with #SCI to #stayhealthy. <https://bit.ly/2y1N4Vb>
- #MSKTC's free, #researchbased resources can help people with #SCI and their families #stayhealthy during #COVID19. <https://bit.ly/2y1N4Vb>
- Bowel function can be a challenge for people with #SCI. Help them #stayhealthy right now with this #MSTKC suite of multi-media and print resources: <https://bit.ly/2JT2Cx6>
- #Providers – this #MSKTC factsheet in English and Spanish has a checklist to help people #SCI maintain good respiratory health: <https://bit.ly/3c66Q0g> #stayhealthy
- Help people with #SCI #stayhealthy during #COVID19. Check out this #MSKTC bladder management resource in English and Spanish: <https://bit.ly/39Z4Rtc>
- Exercise can be therapeutic for people with #SCI, especially in uncertain times like these. #MSKTC has a suite of SCI exercise and fitness resources: <https://bit.ly/34nDUyh> #stayhealthy
- Depression is common, but especially in people with #SCI. This #MSKTC factsheet in English and Spanish has info on steps you can take to #stayhealthy. <https://bit.ly/39PHfHy>

- #Providers – help people with #SCI and their caregivers know the causes of and steps they can take to prevent AD and #stayhealthy during #COVID19 with this #MSKTC fact sheet: <https://bit.ly/2VmgQvU>
- #DYK #MSKTC has numerous factsheets in English and Spanish on skin care and pressure sores? Please share these with people with #SCI so they can #stayhealthy during #COVID19: <https://bit.ly/39VW3UX>
- Share these #researchbased #MSKTC safe transfer resources with your #SCI patients to help them #stayhealthy and out of the hospital: <https://bit.ly/3c6L6BC>

Section 2: Sample Newsletter Message

The Model Systems Knowledge Translation Center (MSKTC) is supporting people living with spinal cord injury (SCI) to help them stay healthy during the coronavirus/COVID-19 pandemic. People living with SCI can continue to improve their health and wellbeing during these unprecedented times using a variety of MSKTC's free, online resources. For example MSKTC SCI resources range from managing bladder function, to ensuring respiratory health, to the importance of exercise and fitness, please visit <https://msktc.org/sci>. In addition to SCI resources, MSKTC has resources on traumatic brain injury (<https://msktc.org/tbi>) and burn injury (<https://msktc.org/burn>). The MSKTC is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research, Administration for Community Living, U.S. Department of Health and Human Services.