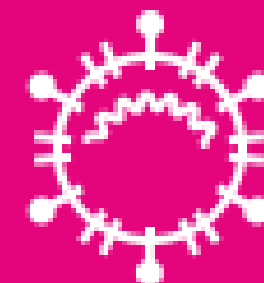


COVID-19

Recognising symptoms in people with SPD



2020 gave rise to a global pandemic of COVID-19. This is a respiratory illness, which means it affects the parts of your body you use to breathe: your nose, throat and lungs. Symptoms might include fever, a cough, sore throat, fatigue and shortness of breath.

We know that people with Sensory Processing Disorder (SPD) can respond to the way their body feels in a different way to others. Some may find it difficult to recognise those internal sensations, so we must remain especially vigilant and ensure we make regular checks on our SPD community.



What to look out for

People who are over-responsive (hyper-sensitive)



- **May recognise changes in body temperature very quickly** - They might comment on being hot or cold, or respond to this through the clothes they select
- **May experience an incredibly painful sore throat** - They might describe this pain, or communicate this by refusing to eat, selecting different foods or eating certain temperature or textures of food (soft, cool), or by poking or pinching their neck
- **May show signs of exhaustion a lot quicker than usual** - This may be particularly relevant if they are 'passive' at recognising what their body is feeling
- **May recognise they are short of breath** - They might communicate this and / or start to show other symptoms of anxiety

People who are under-responsive (hypo-sensitive)



- **May find it difficult to recognise changes in body temperature** - Look out for signs of being hot (pink cheeks, sweating) and take temperature regularly if you are concerned
- **May not show outward signs of having a sore throat** - Only when it is really sore might they recognise this sensation or refuse food
- **May struggle to recognise signs of illness** - Look out for changes in physical appearance and behaviour as someone who is under-responsive will likely carry on as normal until they are really poorly

“ I miss not being able to hug people. I have had to rely on my weighted blanket or burying myself under pillows. ”



You may also be interested in downloading our 'COVID-19: Sensory Considerations & Tips for people with SPD' information sheet from our website



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Supporting people with SPD

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