



COVID-19 Control Columns for Polio Survivors

A Bruno Byte

From Dr. Richard L. Bruno, HD, PhD
Director, International Centre for Polio Education

In 1985 we discovered that polio survivors were Super Type A: driven, anxious and controlling perfectionists. A few years later we discovered why. Having had polio, plus the draconian ways it was dealt with -- including isolation and quarantine -- were the ideal circumstances to create anxious and controlling Type A perfectionists.

Today a virus once again has polio survivors isolated and afraid, television and the Internet continuously providing terrifying but conflicting and uncertain information about the chance of catching COVID-19 and when the quarantine will be over.

How could the repetition of isolation and helplessness as happened during the polio epidemics not fuel sometimes-overwhelming fear in polio survivors?

FEAR vs. CONTROL COLUMNS

With that said, it might help to turn off the TV, take a deep breath and write down “control columns” listing the reality of your fears and what you are already doing to take control of your own life!

FEAR COLUMNS:

List your FEARS and next to them the LIKELIHOOD of each becoming a REALITY:

<u>Fear</u>	<u>Reality</u>
Starving to Death	Won't Happen
Losing Medicare/Medicaid, SSI/SSDI	Won't Happen
Losing Connection with Everyone	Highly Unlikely
Not Getting Needed Medication	Very Unlikely
Not Getting Needed Medical Attention	Unlikely
Broken Assistive Device (E.g., Wheelchair, Bi-Pap)	Possible
Unable to Buy Toilet Paper	Likely
Any American 65 or older (from CDC*):	
Catching COVID	.04% Chance
Needing ICU Admission	.02% Chance

*<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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CONTROL COLUMNS:

List each thing you're doing to TAKE CONTROL and PROTECT YOURSELF and HOW OFTEN you are doing them:

Self-Distancing	90% of the time
Staying At Home	95% of the time
Washing Hands After Being Outside	100% of the time
Visiting People With COVID symptoms	0% of the time
Watching TV News	80% of the time

Looking at the columns, you can see how unlikely terrible outcomes are, how much you already are taking control to protect yourself and where you may need to make changes to prepare for problems (finding a wheelchair repair person) and take better care of yourself (like turning off the TV).

If you'd like to, use the space below.

Add one big FEAR and its LIKELIHOOD and one thing you're doing to TAKE CONTROL so fear doesn't control you!

The Encyclopedia of Polio and Post-Polio Sequelae

contains all of [Dr. Richard Bruno's](#) articles, monographs, commentaries, videos and "Bruno Bytes" (Q & A articles).

<https://www.papolionetwork.org/encyclopedia.html>

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