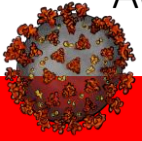


Social Adjustments & Response to COVID-19

Advice for People with Sickle Cell Disease & SCD Families



COVID-19, also known as Coronavirus, is a new respiratory illness that can be very serious.

We all need to do our part to protect ourselves and others, so the virus does not spread.

WHAT CAN YOU DO?

WEAR A MASK – When in public to reduce the spread of the virus.



PHYSICAL DISTANCING – Avoid close contact with others to reduce the spread of the virus.



FREQUENT HAND WASHING – At least 20 seconds with soap and water.



CALL YOUR PROVIDER – If you have symptoms.



SYMPTOMS

MILD

Shortness of breath
Dry Cough
Mild Fever
Change in taste or smell sensations



SEVERE

High Fever
Severe Respiratory Disease
Pneumonia

AVOID



Group Gatherings
Sleepovers
Playdates
Visitors to your Home
Constantly Watching the News



Yard Work

Play in your Yard
Clean out a Closet
Read a Good Book
Listen to Music
Cook a Meal



Family Game Night
Group Video Chats



Stream a Favorite Show
Check on a Friend
Check on Elderly Neighbor
(from a distance)
Virtual Religious Service

SAFE



CAUTION



Visit Grocery Store
Get Take Out
Pick Up Medications
Mass Transit Systems
(keep your distance, avoid touching surfaces)
Traveling



SCDAA is committed to helping families get through this health crisis.



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