



## COVID-19 Weekly Bulletin #1

Monday, March 30th

Follow [SCDAA's Health Alerts](#) to stay regularly informed about COVID-19 and what you need to know as SCD patients and caregivers. The SDAA medical advisory committee is in constant communication with health authorities and will continue to provide updated recommendations for COVID-19 preparedness.

### COVID-19 Updates

*Latest information to provide an overview of the current situation.*

- [President Trump said on Sunday](#) that the federal government will continue to implement social distancing guidelines until April 30th.
- The World Health Organization stated that the pandemic is accelerating during last [Monday's COVID-19 press briefing](#).
- For current number of cases in the US, please visit <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>
- A growing number of states are ordering their residents to stay at home. Refer to [CNN's updated list](#) of states that have implemented stay-at-home orders.
- As a community, we all need to be vigilant and keep [following guidelines](#) to limit our contact with others. Stay home, wash your hands, keep your distance from others, and disinfect frequently.
- The American Red Cross is experiencing a [serious blood shortage](#). The shortage could make it difficult for everyone who needs blood transfusion. If you are healthy and less at-risk for severe complications, [please donate](#). Help us get the word out.

### Policy Updates

*Learn more about some of the executive orders and legislation in response to COVID-19.*

- Read about the [Federal Stimulus Package](#) that was passed last week. [Calculate how much you'll receive as a payment](#) and learn more on [the IRS website](#).
- The new law also expands [unemployment coverage](#) by providing those who are unemployed an extra \$600 a week for four months on top of their state benefits. Regular state unemployment eligibility of 26 weeks has been expanded by an additional 13 weeks, for a total of 39 weeks.
- Individuals who are unable to work because of medical quarantine or treatment for COVID-19 are eligible for paid sick leave. Individuals who are staying home to care for someone else with COVID-19 or staying home because of a child whose school or daycare is closed due to COVID-19, are eligible for two-thirds of their pay.
- The deadline to file and pay [federal income tax](#) is now July 15, 2020.



- The Department of Education has waived interest on [all federally held student loans](#). Additionally, borrowers will be placed in an automatic “administrative forbearance” through September 30th, which allows borrowers to temporarily stop making their monthly loan payment.
- Homeowners with federal mortgage loans—loans under [Fannie Mae](#) and [Freddie Mac](#)—who are experiencing financial hardship due to COVID-19 can request forbearance on their payments. Interest will still accrue, however, additional fees or penalties cannot be added.
- Review the CCHP’s [Telehealth Coverage Policies in the time of COVID-19](#) for information about which public and private payers are covering telehealth services.
- The Global Healthy Living Foundation has compiled important [state-by-state information](#) related to COVID-19 resources.

### **Wellness Resources**

*During this difficult time, it is important to continue looking after your physical and mental health. Here are some recommendations for ways you can continue to take care of yourself.*

- Eat a health and nutritious diet, which helps your immune system function properly.
  - Brush up on your cooking skills with free online cooking classes.
  - Find [convenient recipes](#) using canned and frozen food that you may have in your freezer or pantry right now.
- Keep moving! Plan a set time for exercise or other fun physical activities.
  - Join a [free cardio dance party](#) hosted by 305 Fitness at 12 and 6PM EST everyday. Classes are free via [YouTube](#).
  - Yogaworks is streaming free live classes all throughout the day. Check out [their schedule here](#).
- It is normal to feel stressed, confused, and scared during a crisis. Coping with stress will make you and your community stronger.
  - Try this [short mindful breathing exercise](#).
  - Talk with family and loved ones using Facetime or [free virtual meeting platforms](#).
  - Listen to virtual concerts from your favorite musicians. Watch the ‘[iHeart Living Room Concert for America](#)’ or check out the schedule of other [live streams](#).
  - Play games online like [Scattergories](#) or [Cards Against Humanity](#).
- Follow [CDC’s guidance](#) and take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- If you are in need of crisis counseling support, call the [Disaster Distress Helpline](#) at 1-800-985-5990. This is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate counseling for stress, anxiety, and other depression-like symptoms.