



COVID-19 Weekly Bulletin #2

Monday, April 6th

#SCDSticksTogether

Your health and safety are always our top priorities at Sick Cells. We are extending our support by sharing resources through the Sick Cells' Weekly Bulletin. Each bulletin will highlight SCDA health alerts, federal legislation and executive orders that provide relief, and wellness resources.

We hope these weekly updates will continue to educate and empower the community during this unprecedented time.

SCDAA Health Updates

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

Join the SCDA and Dr. Biree Andemariam, M.D. on Tuesday, April 8, 2020 from 6:30 - 7:30 EST to discuss the impact of COVID-19 on sickle cell disease. [Join the Zoom meeting here.](#)

COVID-19 Updates

This section provides the latest information to provide an overview of the outbreak.

- CDC is advising the use of [simple cloth face coverings](#) to slow the spread of the virus. (Here's a [how-to tutorial](#) for folding a no sew bandana face mask)
- [FDA provided updated guidance](#) to address the urgent need for blood during the pandemic. As a reminder, if you have sickle cell trait, you are still able to donate blood! There is [no evidence](#) to suggest that donating blood causes any additional risk of harm to people with sickle cell trait.
- The majority of states have stay-at-home orders in place. Follow the [CNN updates](#) to understand what your state has implemented.
- Walgreens and CVS have [waived drug delivery fees](#) to eliminate patient's hurdles to getting medicines amidst the crisis.
- The Global Healthy Living Foundation has compiled important [state-by-state information](#) related to COVID-19 resources.

Policy Updates

This section highlights executive orders and legislation in response to the COVID-19 crisis.

- The first wave of the CARES Act checks should be coming the week of **April 13** to those who have their direct deposit information on file with the U.S. Department of the



Treasury. Here are [9 Q&As](#) about how to get the stimulus funds. [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.
- The deadline to file and pay [federal income tax](#) is now July 15, 2020.
- The application for the Paycheck Protection Program is now open, which makes loans available to certain tax-exempt organizations to cover 8 weeks of payroll expenses. If you are a nonprofit, [learn more](#) about how you may be covered by this program.
- 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.

Sickle Cell Disease Emergency Funds

In this section, we highlight relief funds that may be available to support the community.

- Global Blood Therapeutics responds to COVID-19 with \$150,000 in relief funding through the GBT Community Fund. This fund is reserved for non-profit organizations that support the sickle cell disease community. Apply [here](#).
- The SCDAA is extending its COVID-19 Emergency Fund Campaign to raise funds and deploy critical resources to nonprofits that serve sickle cell patients and their families through sicklecelldisease.org/covid-19.

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 stay social and connected with your community.

Use [Zoom](#), [Google Hangouts](#), or [Skype](#) to video chat with friends (while sharing your screen). Below we share some suggestions:

- **Play Scattergories.** Grab a paper and pen and join the virtual hangout. One person shares their screen with the [online Scattergories board](#). Then, the game begins! Everyone has 2 minutes to come up with unique words and earn points.
- **Take a Group Cooking Class.** Sign up for this free [Quarantine Cooking Class](#), then call up your friends, follow along, and enjoy your Italian dinner together.
- **Create an Indoor Scavenger Hunt for Kids.** Create an [Indoor Scavenger Hunt list](#) and watch as kids run around the house to find each of the items. Race your neighbors, cousins, or friends to find them all.
- **Learn some new dance moves.** [Step by Step dance school](#) streams nightly virtual dance classes, so you can learn to salsa while laughing with friends.

We want to keep up with you! Tag us on socials and tell us what you're doing to care for your mental and physical health. #SCDSticksTogether