



COVID-19 Weekly Bulletin #3

Monday, April 13th

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 to educate and empower the community during this unprecedented time. **#SCDSticksTogether**

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.

SCDAA Facebook Live Event with Beverley Francis-Gibson and GBT's Dr. Ted Love will be held on Tuesday, April 14th at 1:30 EST. Check out [the SCDAA facebook page](#) for more information.

COVID-19 Updates

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

- Dr. Anthony Fauci discussed how the effects of the ongoing pandemic are [exacerbating the health disparities](#) that have long burdened communities of color.
- With the outbreak expected to persist, Americans have been urged to [wear face coverings](#) in public and continue practicing [physical distancing](#).
- Several states have extended their **stay-at-home** orders and travel restrictions. Follow the [CNN updates](#) to stay up-to-date with local guidance.
- The National Institutes of Health (NIH) has started [a clinical trial](#) to analyze the presence of SARS-CoV-2 antibodies (proteins the immune system produces to fight the COVID-19 virus). They are collecting at-home blood samples from healthy volunteers. Interested in enrolling? Contact clinicalstudiesunit@nih.gov.
- The Global Healthy Living Foundation is collaborating with sickle cell patient advocate and Sick Cells' Ambassador Terrance Hill to help you stay informed. Check out their [patient support guide for sickle cell](#).
- The [SECURE-SCD registry](#) is designed to capture pediatric and adult COVID-19 cases that are occurring across the world in patients living with sickle cell disease. Providers caring for these patients are asked to report all cases to this registry.
- **Do you know someone who has recovered from COVID-19?** Tell them to donate convalescent plasma. Once a person recovers from COVID-19, his or her blood contains antibodies in its plasma that can fight the virus. Go to the website for [the National Covid-19 Convalescent Plasma Project](#) or visit the [Red Cross's website](#).



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 this week to those who have their direct deposit information on file with the U.S. Department of the Treasury. Learn more on [the IRS website](#).
- For individuals who had a gross income that did not exceed \$12,200 for 2019 (or 24,400 for married couples), or were not otherwise required to file a federal income tax return for 2019, you will need to submit your information through the "[Non-Filers](#)" page to get your **Economic Impact Payment**.
- To receive **unemployment benefits**, you need to file a claim with the unemployment program in the state where you worked. [Here's how to get started](#) applying for unemployment benefits in your state.
- **If you are a community-based organization**, we encourage you to learn more about the [Paycheck Protection Program and the Economic Injury Disaster Loan](#) that are being offered to help you overcome the challenges created by this health crisis. These loans will be fully forgiven if used properly.



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 SCDA 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



Terri is an adult living with sickle cell disease. She teaches Sunday school each week with her church via telephone during quarantine. #SCDSticksTogether

April is National Minority Health Month, and this year, the Office of Minority Health will feature the theme [Active & Healthy](#) while encouraging healthy activities at home to advance physical, mental and emotional wellness. We are encouraging everyone to stay #ActiveandHealthy by sharing some of our favorite exercises:

- **Dancing.** 305 Fitness hosts [free cardio dance classes](#) every afternoon and evening with themes such as “Tempo Tuesday” and “Throwback Thursday.”
- **Yoga.** [Underbelly Yoga with Yessamyn Stanley](#) is a great body-positive yoga instructor with lots of modifications available for beginners.
- **Strength.** For a full body workout, take this [15 min high intensity, low impact class](#) with [solidcore]
- **Walking/Running.** The [Peloton App](#) is currently free for 90 days and offers a mix of strength, bootcamps, meditation, yoga, and outdoor walking/running classes.

Trying out these exercises? Take a picture and tag us on socials so we can see what you are doing to improve your mental and physical health. #SCDSticksTogether #WeeklyBulletin