



## COVID-19 Weekly Bulletin #4

Monday, April 20th

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 SCDAA medical advisory committee is in constant communication with health authorities and will continue to provide updated recommendations for COVID-19 preparedness. For the provider advisory, click [here](#).

In case you missed it:

- SCDAA's **Beverley Francis-Gibson** and GBT's **Dr. Ted Love** shared information and answered questions about COVID-19 and SCD. [Watch here](#).
- **Dr. Biree Andemariam**, SCDAA's Chief Medical Officer and **Dr. Lewis Hsu**, SCDAA's Vice Chief Medical Officer discussed the impact of COVID-19 on the sickle cell community. [Watch here](#).

### COVID-19 Updates

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

- PhRMA is hosting a “**COVID-19 and the Impact on Communities of Color**” Webinar this Thursday (April 23rd) at 2 PM EST. We will hear from a panel of experts on what is causing this disparity and what policy solutions are needed to address these inequities. Please click [here](#) to RSVP to the event.
- The White House unveiled the “[Guidelines for Opening Up America Again](#).” The three-phased approach will help state and local officials when reopening their economies and getting people back to work. **Individuals with serious underlying health conditions, including sickle cell disease, should continue to shelter in place** through Phase 1 and Phase 2 of the approach.
- **Stay up-to-date with your local [state policy actions](#)**. The new federal guidelines largely defer to state governors to decide when to move to each phase.
- Americans have been urged to continue [wearing face coverings](#) in public and practicing [physical distancing](#). Here is a [helpful tutorial](#) on how to make a face covering.
- [The American Red Cross](#) needs the help of blood and platelet donors and blood drive hosts to ensure the health of our communities. Check out [this flyer](#) with information about the importance of African-American blood donations.
- 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](mailto:clinicalstudiesunit@nih.gov).



- 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.
- **Fully recovered COVID-19 patients may be eligible to help those currently sick.** 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.*

- If you are still waiting for your CARES Act stimulus check, you can [check your payment status here](#).
- 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.*

- NORD launched a Financial Assistance Program for rare disease community members impacted by COVID-19. Through [the new program](#), NORD will provide financial assistance to eligible patients, covering up to \$1,000 annually. To apply, email [COVID19assistance@rarediseases.org](mailto:COVID19assistance@rarediseases.org).
- HealthWell has launched a new fund to provide copayment and premium assistance to support the sickle cell community. Through the fund, HealthWell will provide up to \$10,000 in financial assistance for a 12-month grant period to eligible patients who have annual household incomes up to 500 percent of the federal poverty level. For more information visit HealthWell's [Sickle Cell Disease](#) Fund page.
- 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](http://sicklecelldisease.org/covid-19).



## Wellness Resources

This week we focus on **Mindfulness Activities**. Incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills. Here are some simple activities we recommend to improve your mindfulness:

- **Mediation.** Download Headspace to meditate anywhere, anytime. They are offering free [guided meditations](#) and other resources during the COVID-19 crisis.
- **Daily Creativity.** Creativity projects help spark your imagination and expand creativity. Try setting aside 10-15 minutes to take a pause and complete a small creative act. [#TheIsolationJournals](#) send out daily journaling prompts, or you can download a [coloring page template](#) as a great way to decompress.
- **Manage Stress.** Try using [this workbook](#) created by Calm to help you explore new ways to both counterbalance and decrease stress in your life.
- **Improve Sleep.** Read [this article](#) that contains helpful tips to help wind down and get a good night's rest, even during these stressful and uncertain times.

**How are you making time for mindfulness? Tag us on socials so we can see what you are doing to improve your mental and physical health. #SCDSticksTogether #WeeklyBulletin**



*Marissa is an adult living with sickle cell disease. She stays connected with her friends via FaceTime and Hangouts.*