



## COVID-19 Weekly Bulletin #7

Monday, May 11th

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](#).

Join SCDAA's Medical and Research Advisory Committee this Thursday, May 14th from 6-7PM ET. They will discuss how to handle challenges children are facing with COVID-19 and SCD. Register in advance for this meeting.

In case you missed SCDAA's "Cultivating Calm in the Midst of COVID-19" Webinar, you can [view their webinar here](#).

### COVID-19 Updates

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

- Several states have begun initiating "reopening plans". **What does this mean for our sickle cell patients?** SCDAA's Medical and Research Advisory Committee issued guidance for economic reopening. Read their recommendations [here](#). People with SCD are considered a "vulnerable" population during the reopening of the U.S. economy, and **need to remain at home as much as possible**.
- This Wednesday (May 13) at 7:00 pm ET, Dr. Milford W. Greene and Dr. Biree Andemariam will host a Facebook Live on **COVID-19 and Sickle Cell Anemia**. Go to the [Black Health Matters Facebook page](#) for more details.
- **A new type of coronavirus screening**, an antigen test manufactured by [Quidel Corp.](#), was granted emergency authorization by the U.S. Food and Drug Administration last week. A nasal swab test can provide results within minutes, by quickly detecting proteins found on or within the virus.
- **The CDC recommends wearing face coverings in public. Cloth face coverings** are especially important to wear in public in areas like grocery stores and pharmacies. For more information, visit the [CDC guidance](#).
- **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. You can review [updated summary information and data](#) from the registry.
- Are you **caring for someone with COVID-19** at home or in a non-healthcare setting? Follow the CDC's "[Recommendations for Caregivers](#)".



- **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. For more information, check out [the National Covid-19 Convalescent Plasma Project](#) or the [Red Cross' website](#).
- [Be The Match](#) is now offering **free counseling services** to sickle cell warriors and their loved ones. One of their licensed social workers can provide you with one-on-one support for personal and emotional issues.
- The National Organization for Rare Disorders (NORD) released the findings of its recent survey on **the critical issues and concerns the rare disease community is facing** due to the COVID-19 pandemic. [Read more here](#).

## Policy Updates

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

- The second round of the Paycheck Protection Program (PPP) is underway. If you are a small organization, you can [submit your application](#) today. The American Institute of CPAs published [a five-step guide](#) instructing PPP borrowers how to calculate their loan forgiveness.
- 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.
- [Here are some key things](#) you may need to know about how **student loans** are impacted by the CARES Act.

## Sickle Cell Disease Emergency Funds

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

- **PhRMA is offering grant money to fund interventions aimed at addressing the alarming health inequalities** highlighted by COVID-19. Learn more about the [PhRMA grant and application process here](#).
- **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 Sickle Cell Disease Association of America (SCDAA) launched a COVID-19 Emergency Fund** to assist sickle-cell non-profit organizations in helping their community members with health care, food insecurity, and other related concerns. Visit the [SCDAA website](#) to learn more.



- The PCORI [Engagement Award Special Cycle Funding Announcement](#) aims to support research projects that help communities increase their capacity to participate in research while **responding to contextual changes as a result of the COVID-19 pandemic**.

## Wellness Resources

As COVID continues to upend life for families around the world, figuring out “what’s for dinner?” can be yet another daily challenge. This week we provide tips for ensuring you are able to eat a nutritious diet and **support healthy eating habits** during these trying times. Good nutrition is crucial for health, particularly in times when the immune system might need to fight back.

1. **Eat fresh and unprocessed foods every day.** Fresh produce is almost always the best option, but when it is not available there are plenty of healthy alternatives that are easy to store and prepare. Try incorporating at least six of these eight [“healthy eating goals”](#) into your diet.
2. **Stock up on healthy snacks.** Find foods that are nutritious and more filling for your quick snacks. Here are [9 quick meals](#) to throw together if the last thing you want to do is cook.
3. **Watch your portion sizes.** Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food. Here are [tips](#) to help measure and control portion sizes.
4. **Make cooking and eating a fun part of your family routine.** Cooking and eating together is a great way to create healthy routines, strengthen family bonds and have fun. [America’s Test Kitchen released a special collection](#) of 50 free recipes for everyone during the COVID-19 emergency.

**What are you cooking while at home? Tag us on socials so we can see!**  
**#SCDSticksTogether #WeeklyBulletin**