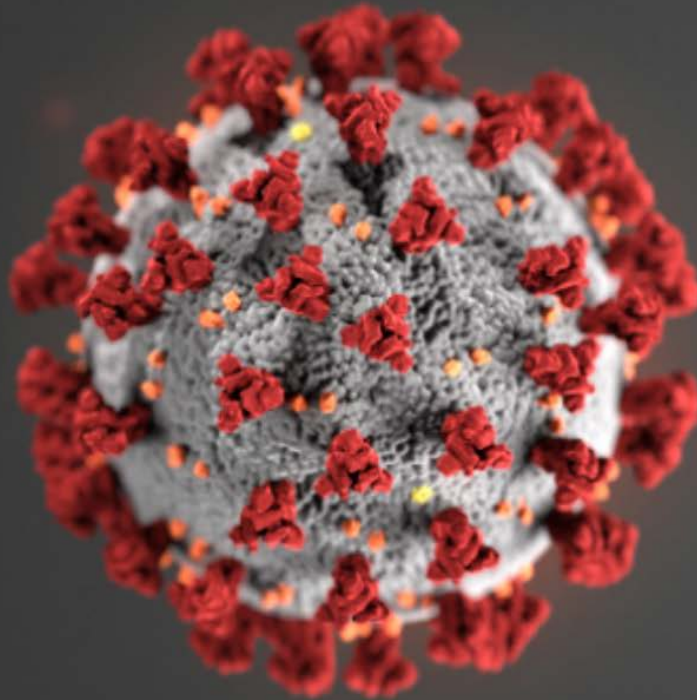




COVID-19 Update:

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April 25, 2020



AAMDSIF COVID-19 Educational Programming Support

AAMDSIF is grateful to our corporate sponsors for underwriting special educational content related to the COVID-19 (coronavirus) pandemic and the impact on patients, families and caregivers living with bone marrow failure diseases.



AAMDSIF Patient & Family Conference Support

AAMDSIF is grateful for the generous support of our patients, families, caregivers, healthcare professionals, communities and corporate sponsors including:



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Preventive Measures to Protect Against Coronavirus:

- Please, stay home.
- Refrain from touching your eyes, nose, or mouth with unwashed hands.
- Wash your hands often for at least 20 seconds with soap and water or using a hand sanitizer that contains at least 60% alcohol.
- Cover your mouth and nose with a tissue when coughing or sneezing. Discard the tissue and clean your hands. If a tissue is not available, cough or sneeze into your elbow.
- Avoid shaking hands with others.
- Avoid close contact with people who are sick and discourage people from visiting your home if they have any symptoms of illness.

Preventive Measures to Protect Against Coronavirus (continued):

- Clean frequently touched objects and surfaces with household cleaning spray or antibacterial wipes (for example: tables, doorknobs, light switches, handles, toilets, faucets, laptops, keyboards and cell phones).
- Avoid travel as much as possible.
- Avoid crowds and large gatherings, especially in poorly ventilated areas.
- To the extent possible, avoid contact with high-touch surfaces in public places, such as elevator buttons, door handles, handrails, touchscreens, etc. Flat surfaces, in particular, are more likely to have viruses or bacteria.
- Contact your physician with any questions or concerns specific to your condition.
- Know where to go for COVID-19 testing, as some local clinics may not have the resources or facility to do the COVID-19 testing or even see you.
- If you have a fever, acetaminophen is preferred over ibuprofen for reducing a fever.

For patients during active and post-ATG treatment, bone marrow transplant recovery or other bone marrow failure therapy:

- Check with your doctor about keeping your regularly scheduled appointments – in general do not skip your scheduled treatments (medical centers are taking extra precautions to prevent the transmission of coronavirus). Medical centers are taking extra precautions to prevent the transmission of coronavirus. Many healthcare facilities are limiting visitors, so if a caregiver or family member is not allowed to accompany a patient to an appointment, they could listen in by phone to maintain communication with the provider.
- Since there may be blood shortages in some locations, it may be necessary to increase the time in between transfusions if it can be tolerated.
- Wear a mask when leaving home – make sure it covers your nose and mouth completely.

For patients during active and post-ATG treatment, bone marrow transplant recovery or other bone marrow failure therapy (continued):

- Continue to adhere to your neutropenic diet, if you follow one.
- Take steps to ensure you have a 3-month supply of your medication and possibly arrange mail order delivery of your meds.
- Be prepared to self-quarantine yourself for up to 14 days where necessary and consult your physician regarding ongoing blood transfusions and treatment.
- For more information especially for those at higher risk for complications, visit the Centers for Disease Control: <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

Where can I get more information?

- CDC at <https://www.cdc.gov/coronavirus/2019-ncov/>
- FDA at <https://www.fda.gov/emergency-preparedness-and-response/mcm-issues/coronavirus-disease-2019-covid-19>
- NIH at <https://www.nih.gov/health-information/coronavirus>
- WHO at <https://www.who.int/health-topics/coronavirus>

Aplastic Anemia & MDS International Foundation - Your Resource of Choice for Bone Marrow Failure Disease Education and Support

- For up-to-date guidance, webinar links, resources and Frequently Asked Questions on COVID-19, visit www.aamds.org/education/covid-19
- Contact AAMDSIF via e-mail to help@aamds.org
- Call AAMDSIF at (800)747-2820, ext. 2
- Follow the AAMDSIF Facebook page, www.facebook.com/aamds

*The AAMDSIF Medical Advisory Board and Staff are here to help you and your family,
as we have for the past 36 years.*

