

Dear Patients and Families,

The Center for Inherited Blood Disorders (CIBD) is committed to helping our patients, families, and staff get through the current Coronavirus pandemic (COVID-19). COVID-19 is creating evolving challenges worldwide and here in our community. As it is a new virus, every day there is new information regarding how it spreads and how it affects different patient populations.

Currently, the CDC (Center for Disease Control and Prevention) has identified the following people as higher risk of getting very sick from this illness:

- Older Adults aged 65 years and older
- People who live in a nursing home or long-term care facility
- People who have serious chronic medical conditions like:
 - **Immune compromised states**
 - Heart Disease
 - Diabetes
 - Lung Disease
 - Renal Failure
 - **Liver Disease**
 - **Pregnancy**

Many CIBD patients fall in the above higher risk groups. In addition, other CIBD patients who are at higher risk include those affected by **Sickle Cell Disease** and other conditions which can result in **iron overload**, such as **Severe Thalassemia**, as these patients already may have weakened organs.

Patients who have a **bleeding disorder**, such as **Hemophilia** and **von Willebrand Disease**, are not noted at this time to be at increased risk for acquiring COVID-19. However, COVID-19 may result in severe coughing, which can possibly increase risk of head bleeds. Therefore, these patients should monitor for signs of a head bleed, which include prolonged headaches, nausea, vomiting, and irritability.

To minimize complications, ALL CIBD patients must continue to be vigilant with compliance to their current treatment plans and vaccination schedules.

CIBD Clinic remains open for urgent and complex care visits. To minimize patient and staff exposure, we will be calling you closer to your currently scheduled appointment to determine if you are currently ill and advise you to seek appropriate care. We also will partner with you to reschedule non-urgent appointments to either a telehealth visit or to an in-person visit at a later date. Our full clinical team will alternate staff with half present in clinic and the other half working remotely to ensure we meet all of your needs.

Our CIBD Pharmacy will also remain open to ensure continuous medication supplies. Currently, the medication supplies are not affected by the outbreak.

We remain committed to serving you and your families.

Sincerely,

The CIBD Family

Please refer to our new CIBD website and these reliable websites for updates and related questions:

COVID-19 Hotline (833) 426-6411 to connect with OC Agencies for information and resources related to COVID-19: <https://occovid19.ochealthinfo.com/>

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

National Hemophilia Foundation (NHF): <https://www.hemophilia.org>

Thalassaemia Org: <https://thalassaemia.org.cy> and <https://thalassaemia.org.cy/news/tifs-new-leaflet-on-the-covid-19-pandemic-haemoglobin-disorders-is-now-available>

Please refer to this list of local hospitals, including CHOC, Saint Joseph Hospital, and UCI Medical Center:

CHOC: 1-844-GET-CHOC

<https://www.choc.org/coronavirus>

St. Joseph: <https://coronavirus.providence.org>

UCI: (949) 824-9918 or email covid19@uci.edu to connect directly for more information

<https://uci.edu/coronavirus>

Hoag: <https://covid19.hoag.org/>