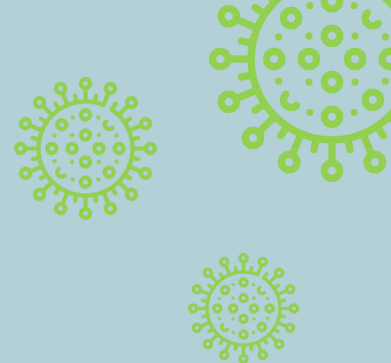


How risky is COVID-19 for people with haemoglobinopathy and rare anaemias?



Real-time national survey of COVID-19 in haemoglobinopathy and rare anaemia patients

Many patients with anaemias have been shielding and taking additional precautions to avoid contracting coronavirus. As lockdown eases, finding the best course of action may feel confusing, frustrating, or scary.

Since March 2020, a national group of doctors and nurses looking after people with inherited anaemias have been collecting data on the number of cases of COVID-19 among their patients, and recording what happens to people who get it.

87%

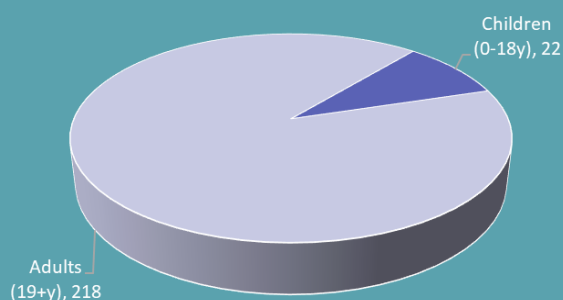
Proportion of people surviving proven or suspected COVID-19

March to June 2020, among patients with haemoglobin disorders:

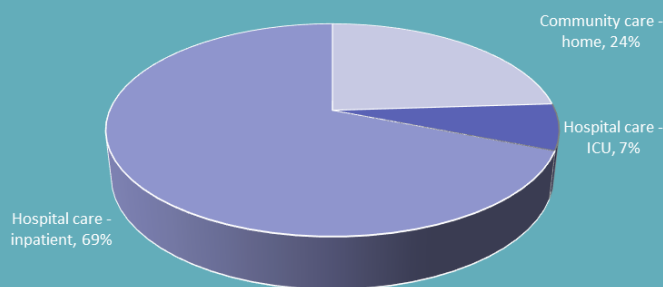
240 - With suspected or confirmed COVID-19

11,430 - Total sickle cell patients in Registry

COVID-19 patient ages



COVID-19 management



Conclusions

- A quarter of patients with COVID-19 are managed at home, and most COVID-19 cases have been clinically mild
- There were no reported cases in people with rare anaemias, and very few with thalassaemia
- Relatively few children have been infected, none have required respiratory support or have died
- Similar to what is seen among the general public, those who did badly with COVID-19 were older and had other health problems such as high blood pressure or heart disease

Is coming to hospital dangerous? Many people have been concerned about presenting to hospital, and some have delayed important visits when unwell. If you are unwell, please seek advice from your specialist team — Hospitals have been re-organised to protect people who come in with non-COVID admissions

What can I do to stay well? Continuing to focus on physical and mental health in all areas is also important, e.g. taking prescribed medication, improving your diabetes, exercising, or eating healthy foods.

