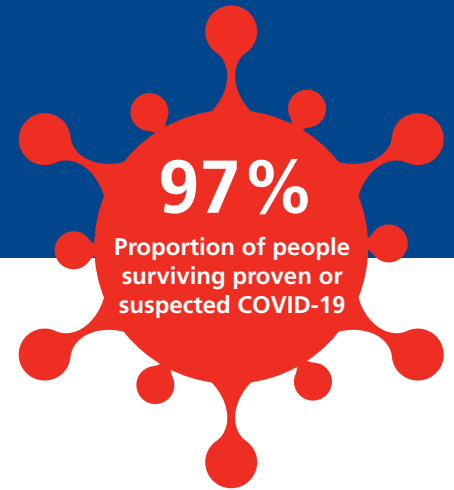


Haemoglobinopathy and COVID-19 - what's my risk?

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.

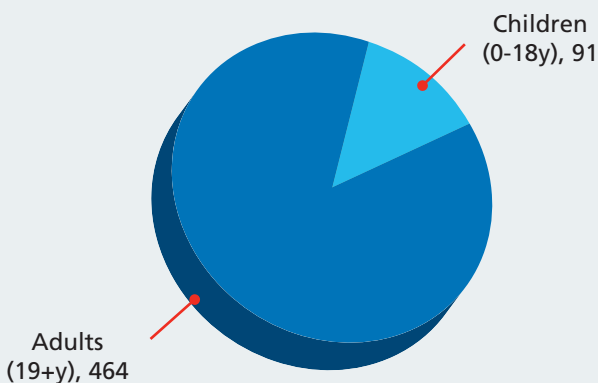


Mar 2020 - Jan 2021, among patients with haemoglobin disorders:

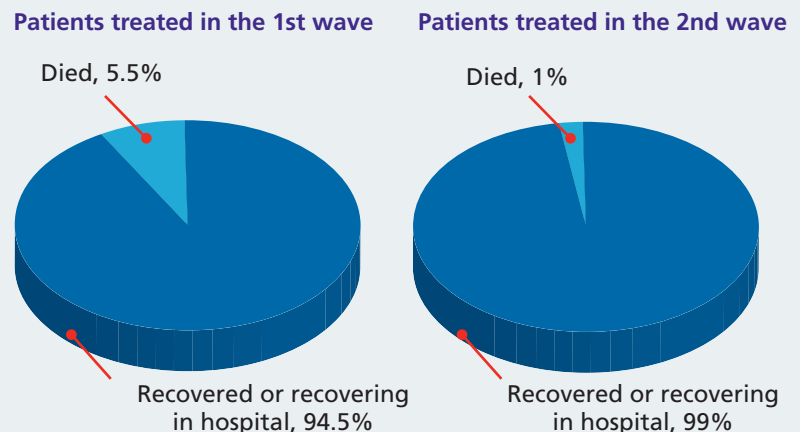
555 - With suspected or confirmed COVID-19

11,430 - Total sickle cell patients in Registry

COVID-19 patient ages



Difference in outcome between the two waves of COVID-19 in the UK



What about people with other types of anaemias?

Outcome in thalassaemia and rare anaemia: 81 thalassaemia patients have been affected, of whom 94.5% have survived. Only 9 patients with other rare anaemias were affected. All have survived.

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.

Conclusions

- Two thirds of all patients with COVID-19 are managed at home, and most COVID-19 cases have been clinically mild
- Very few children have been infected, very few of those have required respiratory support, and none of them 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.

Please get vaccinated!

Speak to your doctor if you have any questions about vaccination
All vaccinations on offer are safe