**Coronavirus: advice for adult patients with Thalassaemia**

Please be advised that this patient information may become rapidly out of date, so please check the NHS website for up to date information.

Wash your hands often - with soap and water for at least 20 seconds.

* Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport.
* Avoid touching your eyes, nose, and mouth.
* Avoid close contact with people who are sick.
* If you feel unwell, stay at home, do not attend work or school.
* Cover your cough or sneeze with a tissue, then throw the tissue in a bin. See [Catch it, Bin it, Kill it](https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/09/catch-bin-kill.pdf) .
* Clean and disinfect frequently touched objects and surfaces in the home and work environment.
* If you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or hospital.
* see [further information](https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public) and the [Public Health England Blog](https://publichealthmatters.blog.gov.uk/2020/01/23/wuhan-novel-coronavirus-what-you-need-to-know/)
* see advice on the UK Thalassaemia Society website

There is currently no vaccine to prevent COVID-19 acute respiratory disease. The best way to prevent infection is to avoid being exposed to the virus.

* Avoid large gatherings.
* Avoid handshakes and hugs.
* Avoid contact with people who have recently travelled in parts of the world where coronavirus rates are high: China, Korea, Italy, Iran (this list will be updated depending on evolution of the epidemic).
* Stay warm.
* Make sure you have had the flu vaccine.
* Continue with Penicillin prophylaxis if you have been splenectomised.
* Drink plenty of fluids.
* In case of raised temperature (38C and above) or a new cough please contact your GP or 111 for advice. You may be asked to stay at home and self-isolate. In the interim, if you have had a splenectomy double your dose of penicillin V (500mg) and take 4 times a day. Discontinue your chelation whilst you have a fever.
* If you have diabetes please monitor your blood sugars regularly. ?? who is monitoring this ?
* If you develop chest pain and difficulty breathing, you should attend for assessment (go to the emergency department). If you have any severe symptoms we recommend you attend the emergency department for review.
* Please also contact our sickle cell and thalassaemia service to inform the team of advice given, by emailing [bhnt.scatservice-rlh@nhs.net](mailto:bhnt.scatservice-rlh@nhs.net) or calling 02035941897 and leaving a message. We will endeavour to contact you within 24 hours to advise further management.
* Make sure you have enough stock of medication at home like pain killers and paracetamol. Please make sure you have a reliable thermometer.
* Follow all the general advice from the government and check for regular updates on the PHE (Public Health England).
* We may need to make changes to the scheduling of regular transfusions.
* We may need to make changes to your out-patient appointments or conduct the consultation by telephone.
* We may delay non-essential or routine investigations.