

# COVID-19 and Hemophilia

## Preparedness and Self-Care in a Pandemic

*This information is provided for educational purposes only and is not intended to replace discussions with a health care provider. Speak to your treatment team if you have any questions about your/your child's care.*

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**The COVID-19 pandemic brought with it many lessons that can be carried into the future, including ones on preparedness, health care provider (HCP) communication, and self-care.**

### HCP Communication

Good communication with your hemophilia treatment center or care team can be an important part of living with hemophilia. During a pandemic, your team can help you understand possible risks based on your condition, as well as advise on treatment and vaccination.

### Being prepared and proactive in hemophilia care<sup>1</sup>

One of the lessons of the COVID-19 pandemic is that it is important to be prepared, and that also applies to the hemophilia community. National Hemophilia Foundation's (NHF's) Medical and Scientific Advisory Council recommends:

- Having a 14-day supply of factor products available during crisis for those who treat at home
- If an ER visit is required, call in advance so staff knows you are coming and why; this will help them prepare
- Staying in contact with your doctor's office or hemophilia treatment center (HTC). They can explain what to do if you need to visit in person or can help get you connected with telehealth appointments, if available

### Caring for yourself<sup>2</sup>

Events such as the COVID-19 pandemic can create uncertainty for many, which can stir up emotions such as anxiety, fear, anger, sadness, discouragement, or a sense of being out of control. Self-care is important to help you

address these feelings. Here are a few tips you can use to take care of your mental health:

- Set and maintain a routine
- Focus on things you can control
- Use technology to maintain social connections with your loved ones
- Focus on reasons to be grateful
- Read books or listen to music
- Take a break from news and social media if it makes you anxious
- Look for ways to help your community
- Acknowledge and appreciate what others are doing to help

### Further information

Many of the larger advocacy groups have sites to keep you in the know, see below:

- **The Coalition for Hemophilia B**  
hemob.org
- **Hemophilia Federation of America**  
hemophiliafed.org
- **Hope for Hemophilia**  
hopeforhemophilia.org
- **National Hemophilia Foundation**  
hemophilia.org
- **World Federation of Hemophilia**  
wfh.org

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Be sure to also inquire of your local chapter/advocacy organization and speak to your HTC's social worker for more information about available assistance programs.

**References:** 1. Supplemental MASAC statement regarding home delivery and refill under state of emergency declaration. National Hemophilia Foundation website. Published March 30, 2020. Accessed July 27, 2021. <https://www.hemophilia.org/news/supplemental-masac-statement-regarding-home-delivery-and-refill-under-state-of-emergency-declaration> 2. Reichert S. Self-care tips during the COVID-19 pandemic. Mayo Clinic Health System website. Published April 7, 2020. Accessed March 30, 2021. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>



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