

Hemophilia Treatment Centers response to COVID-19

As a united group, your HFMD affiliated Hemophilia Treatment Centers (HTCs) wanted to send this message to assure the HFMD bleeding disorders community of our presence during this challenging and unprecedented time. There is staff available at all locations to address your needs and help answer questions and direct you to resources.

Each individual HTC has put into place TEMPORARY operational changes in an effort to keep patients, families and staff safe. Please refer to your home HTC listed below for specifics on hours of operation and contact information. Changes to in-person visits have been made, please contact your HTC with specific questions.

HTC Contact information:

Center for Bleeding and Clotting Disorders, M Health Fairview

Monday-Friday 8:00-4:30: call 612-273-5005

After hours and weekends: call the hospital switchboard at 612-273-3000 and have the on-call hematologist paged.

Children's Minnesota-Center for Bleeding and Clotting Disorders

Monday-Friday 8:30 to 5:00: call 612-813-5940

After hours and weekends: call 612-813-5940 and have the on-call hematologist paged.

Mayo Comprehensive Hemophilia Center

Monday-Friday 8:00-5:00: call 507-284-8634, leave message or if urgent ask that a nurse be paged.

After hours and weekends: call Mayo operator at 507-284-2511 to reach Adult and Pediatric Hematology on call.

Sanford Children's Specialty Clinic (Sioux Falls):

Monday-Friday 8:00-4:30: call 605-312-1000

After hours and on weekends: call 605-312-1000 to reach after hours call center and be paged to physician.

Factor production, supply and distribution has currently not been affected in ANY way.

The NHF website has links from each of the pharmaceutical companies about individual products.

We want to stress the importance of taking care of your mental health

The outbreak of the coronavirus disease 2019 (COVID-19) may be stressful for people. It can be overwhelming and cause strong emotions with everyone reacting differently.

Stress during an infectious disease outbreak can include:-

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating

- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your primary care provider or your HTC social worker if stress gets in the way of daily activity for several days in a row.

The following links provide information on reducing stress in yourself and others:

- [Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful.
 - When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them.
- Learn more about [taking care of your emotional health](#).
- Reference more detailed information from the CDC on managing stress and anxiety [here](#).

Here are some additional resources regarding COVID-19:

[National Hemophilia Foundation \(NHF\)](#)

[Hemophilia Federation of America \(HFA\)](#)

[Minnesota Department of Health \(MDH\)](#)

[Centers for Disease Control \(CDC\)](#)

[World Health Organization \(WHO\)](#)

[United Way](#)