



Raccomandazioni del Medical and Research Advisory Committee (MARAC) della Sickle Cell Disease Association of America (SCDAA) per le persone con Malattia Drepanocitica durante la fase di Riapertura

(TRADUZIONE ITALIANA della VERSIONE INGLESE VISIBILE al link:

<https://www.sicklecelldisease.org/files/sites/181/2020/05/MARAC-SCDAA-Position-Statement-of-Reopening-of-US-Economy5-1.pdf>)

Giovedì 16 Aprile 2020 la Task Force (americana) per l'emergenza Coronavirus ha diffuso le raccomandazioni per la riapertura delle attività economiche, fornendo dati specifici per ogni stato riguardo il numero di casi, la situazioni degli ospedali e le capacità di effettuare tamponi per un periodo di transizione di due settimane, con l'obiettivo di riaprire il 1 Maggio. Per completare l'intero processo di preparazione, gli stati devono assicurare di aver eseguito una pre-fase di due settimane, e poi completare altre due settimane di passaggio in cui non ci sia evidenza di infezioni di ritorno tra una fase e l'altra.

Durante le prime due fasi la task force *raccomanda che tutte le persone più vulnerabili restino a casa*. Inoltre, la task force conclude che i lavoratori dovrebbero continuare a lavorare da casa, se possibile. E' comunque anche raccomandato che i datori di lavoro prestino particolare attenzione nel predisporre speciali misure di sicurezza per le persone più a rischio (per malattie concomitanti), nei casi in cui il lavoro da casa non sia possibile. Durante l'ultima fase, anche le persone più a rischio possono ricominciare a lavorare normalmente, *mantenendo il distanziamento fisico nei luoghi pubblici*.

Cosa significa questo per le persone con Malattia Drepanocitica? Per loro noi raccomandiamo che:

1. si continuino a seguire le istruzioni e le raccomandazioni delle autorità locali e statali e le linee guida internazionali



2. si continui a restare a casa, a meno che non ci sia urgente necessità di spostarsi
3. si continui a lavorare da casa quanto più possibile. Per coloro che non possono lavorare da casa, raccomandiamo che le misure di sicurezza (es. distanziamento sociale, mascherine, igienizzazione delle mani, ecc.) siano disponibili sul posto di lavoro. Per i pazienti per i quali nessuna di queste opzioni è possibile, raccomandiamo di contattare il proprio centro di riferimento per trovare insieme la soluzione più adeguata
4. si continui ad essere in stretto contatto con i propri medici per la routine clinica, sfruttando la telemedicina o visite telefoniche, ove possibile, come raccomandato durante la fase precedente
5. si continuino a gestire le crisi dolorose in prima istanza a casa

fino a che non sia determinato dalle autorità statali e locali che sarà sicuro riprendere le attività routinarie.



Per indicazioni specifiche caso per caso si raccomanda di contattare il proprio Centro di Riferimento.

Per ulteriori informazioni o visione documenti utili negli Stati Uniti o in Europa:

www.sicklecelldisease.org; info@sicklecelldisease.org (SCDAA, Stati Uniti)
<https://eurobloodnet.eu/covid/covid-19-information/> (Europa)

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