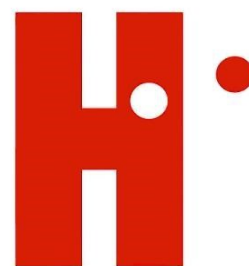


# Contact



**Newsletter of Haemophilia Foundation WA Inc.**

**April 2020**

**World Haemophilia Day 17 April 2020**



**HAEMOPHILIA FOUNDATION WA INC.**

City West Lotteries House, 2 Delhi Street, West Perth WA 6005  
P: 08 9420 7294 E: [office@hfwa.org](mailto:office@hfwa.org) W: [www.hfwa.org](http://www.hfwa.org)

**Inside This Issue**

President's Report	3
WFH 2020 World Congress Update	3
World Haemophilia Day	4-6
Managing Bleeds During COVID-19	7
COVID-19: Practical recommendations for people with haemophilia	8-10
Arved Wasser Memorial Fund	11-12
Looking after your Mental Health in Isolation	13
Lockdown Colouring Sheet	14
Fundraising	15-16

**Your Committee**

Gavin Finkelstein (President)	0415 978 031
Cheryl Ellis (Vice President)	0402 033 652
Robert Butler (Treasurer)	9381 3386
Shane Meotti (Secretary)	

Susie Couper  
Dale Spencer  
Paul Keogh  
Michelle Dinsdale

Profiles of committee members can be found on the website, [www.hfwa.org](http://www.hfwa.org) 'Your Committee'.

**HFWA Office Coordinator**  
**Haemophilia Foundation WA Office**  
**Ph: (08) 9420 7294**  
**Email address: [office@hfwa.org](mailto:office@hfwa.org)**

**Cover picture****World Haemophilia Day—Get+Involved**

HFWA is grateful to Fuji Xerox for their ongoing support in printing the Contact Newsletter.

**PERTH'S CHILDREN'S HOSPITAL CONTACT DETAILS**

Clinic H, Level 1 (Haematology/Oncology Outpatients Clinic) : **Ph: 6456 0170**

Medical Staff: **Dr Tina Carter Ph: 6456 0170**

Nursing Staff: **Natalie Gamble-Williams and Stacey Hutchison (Monday -**

**Thursday, 8:00am—4:30pm) Ph: 6456 0170 or 0466 318 286**

After Hours (**EMERGENCIES ONLY**) **Ph: 0410 717 816**

Social Worker: **Helena Reynolds (Monday to Thursday, 8:00 AM - 4:30 PM, adults and paediatrics, contact for appointment) Ph: 6152 6527**

ABDR Data Manager and Clinical Trial Coordinator: **Marina Goruppi**

**FIONA STANLEY HOSPITAL CONTACT DETAILS**

Clerk Front Desk: **08 6152 6542**

Medical Staff: **Dr Stephanie P'ng and Dr Dominic Pepperell**

Nursing Staff: **Sandra Lochore, Lara Olson**

Social Worker: **Helena Reynolds (Monday to Thursday, 8:00 AM - 4:30 PM, adults and paediatrics, contact for appointment) Ph: 6152 6527**

ABDR Data Manager and Clinical Trial Coordinator: **Marina Goruppi**

Entrance to the Cancer Centre is on the outside of the building  
Haemophilia and Haemostasis Centre  
Level 1 Cancer Centre  
Fiona Stanley Hospital  
102-118 Murdoch Drive  
Murdoch WA 6150

Postal Address (address all correspondence as Private and Confidential);  
Haemophilia and Haemostasis Centre  
Level 1 Cancer Centre  
Fiona Stanley Hospital  
Locked Bag 100, Palmyra DC WA 6961



Opinions expressed in Contact do not necessarily reflect those of the Foundation. All information is published in good faith but no responsibility can be accepted for inaccuracies that may result from events beyond our control. HFWA reserves the right to edit articles as it sees necessary. Material supplied on the internet is for information purposes only and is not to be used for diagnosis or treatment.

## President's Report

On behalf of myself and the HFWA Committee, I would like to thank the front line healthcare workers who are working around the clock in the battle against COVID-19. Their dedication to the community in what must be the most difficult time in their careers is very much appreciated.

I hope that you and your family are safe and keeping well in a tumultuous year not only for the WA Haemophilia community, but for communities around Australia and the World.

Unfortunately we have put all our activities and events on-hold. We are all frustrated and disappointed at having to postpone the camp. We would like to thank Sharri Brodie for putting so much effort into organizing this year's camp. As we have most of the activities organized, we hope to hold the camp in March next year.

World Haemophilia Day was celebrated around the World on 17 April 2020 and a number of venues lit "red" around Perth and hopefully you and your families still celebrated at home.

The Bunnings sausage sizzle is still booked for 17 October 2020 at the end of Bleeding Disorders Awareness Week. Hopefully by that time, we will be back to "normal" and look forward to seeing you there.

The office is currently open for limited hours Monday to Friday, however we have taken steps to ensure that Mel can work from home if need be.

We hope that you all stay safe and look forward to seeing you at our events once life gets back to the new normal.

Gavin Finkelstein  
President

## WFH 2020 WORLD CONGRESS UP-DATE

It's with great sadness—and heavy hearts—that we must inform you that the World Federation of Hemophilia has taken the difficult, but necessary, decision to **cancel** the WFH 2020 World Congress planned to take place in Kuala Lumpur, Malaysia, from June 14 to 17, 2020. This decision was taken as a response to recent measures put in place by the Malaysian Government which, on March 16, 2020, instructed all registered organizations to postpone any conference, meeting or general assembly until June 30, 2020 over COVID-19 concerns.

The World Federation of Hemophilia (WFH) and the Hemophilia Society of Malaysia (HSM) have been closely monitoring the novel coronavirus (COVID-19) crisis on a daily basis, with the goal of ensuring that our activities do not put the members of the global bleeding disorders community at risk. Our monitoring efforts have been done in conjunction with information and guidelines provided by the World Health Organization (WHO), the Canadian government and the government of Malaysia.

We understand that this news is disappointing, and we know that you may have questions about services you purchased directly with us such as registration fees, hotel bookings and sponsorship or exhibit support. The WFH will be in touch with you shortly to directly address these questions with those who have trusted us with their support.

Feel free to contact us should you have any questions at [congress@wfh.org](mailto:congress@wfh.org). The WFH and the HSM would like to thank the healthcare workers who are on the front lines in the battle against the novel coronavirus (COVID-19) pandemic. Their dedication is admirable, and inspirational.

The bleeding disorders community is a strong one, and we will get through this crisis together.

From the WFH Website



## World Haemophilia Day “Get+involved” Virtually

April 17, 2020 was World Hemophilia Day. It's a very significant day for the World Federation of Hemophilia (WFH) and the bleeding disorders community, especially this year.

The theme of World Haemophilia Day in 2020 is “**Get+involved**”. Whether you are a patient, a family member or caregiver, a corporate partner, a volunteer, or a healthcare provider, we want to encourage you to help increase the awareness of inherited bleeding disorders and the need to make access to adequate care possible everywhere in the world.

Once again Perth lit up in spectacular colour with many venues and landmarks lighting up Red, these venues were:

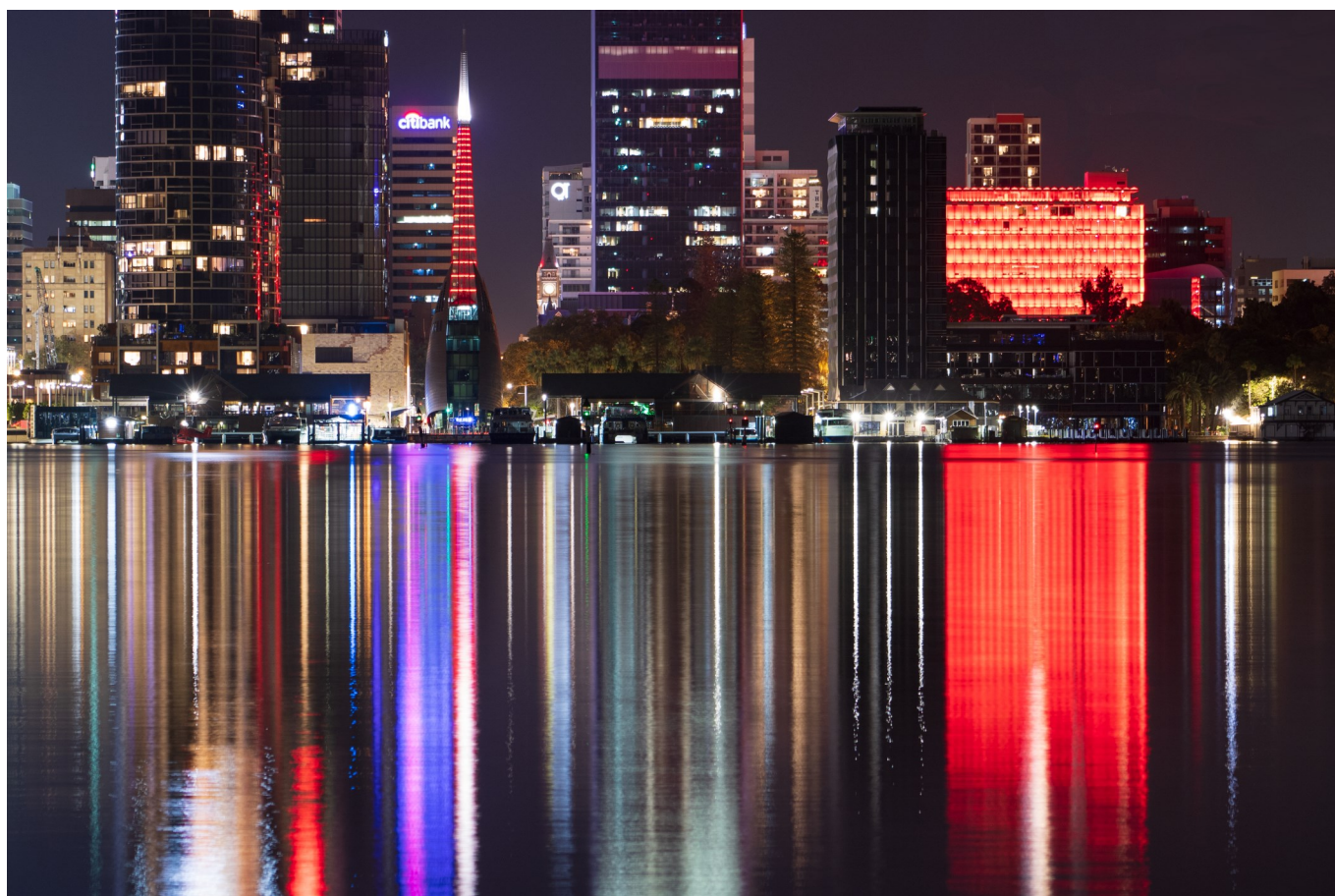
Matagarup Bridge, Mount Street & Sky Ribbon Bridges, Trafalgar Bridge, Graham Farmer Freeway, The Bell Tower, Council House, Yagan Square and Elizabeth Quay.

### Celebrate with the community virtually!

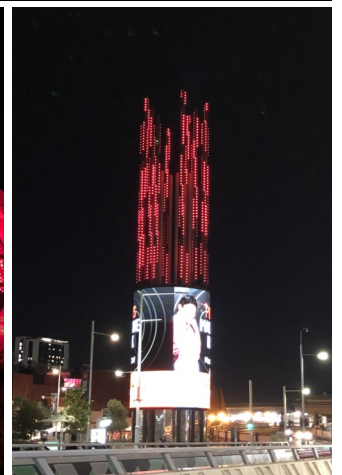
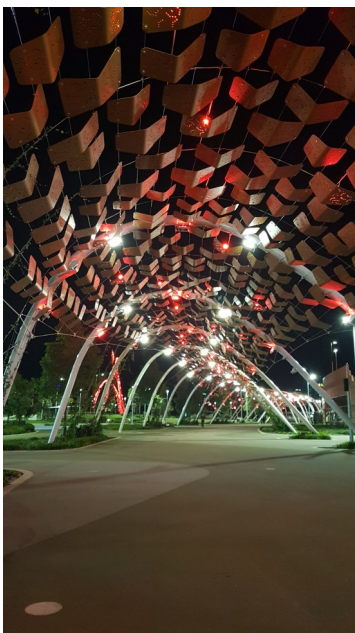
Celebrating with friends and family has always been a big part of World Hemophilia Day, but this year, we had to stay home and use our internet-connected device to Get+involved:

If you haven't looked at the HFA World Hemophilia Day page yet, go to <https://www.haemophilia.org.au/get-involved/events/world-haemophilia-day-1>

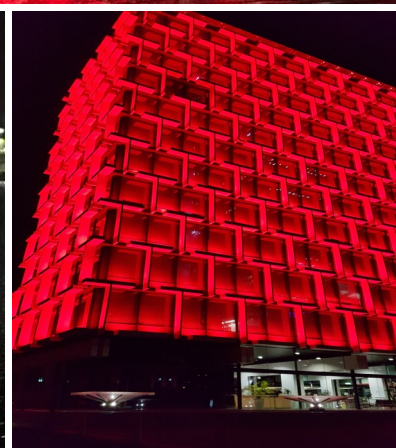
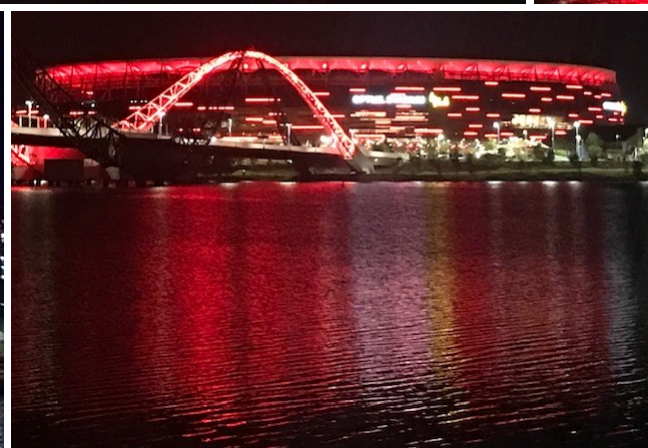
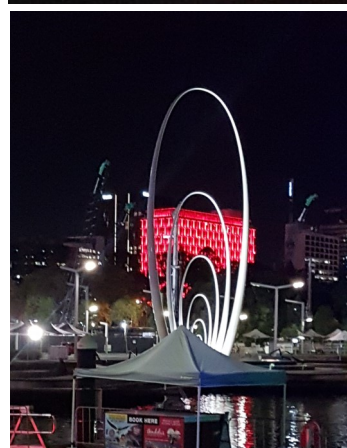
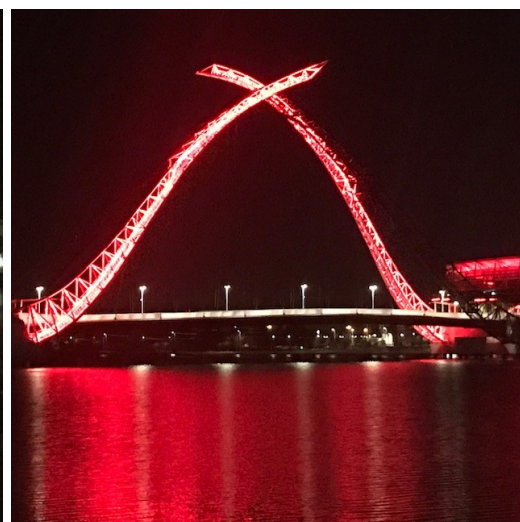
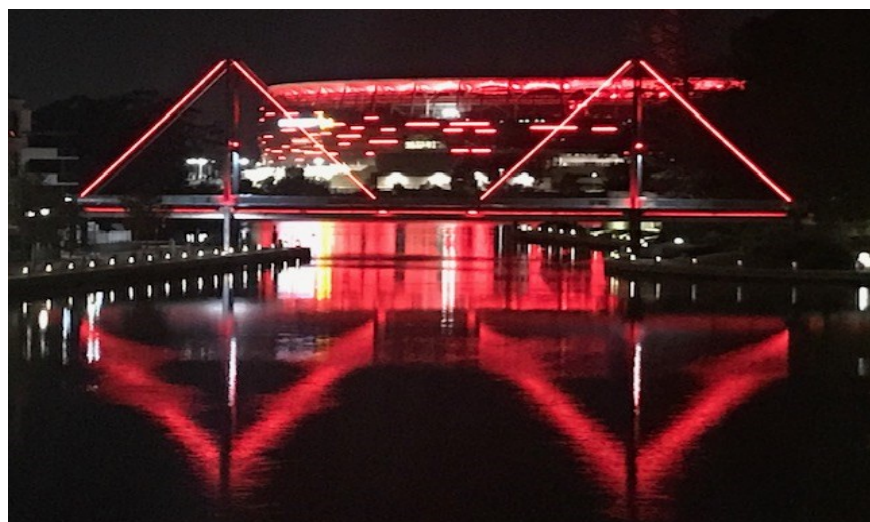
There were a number of activities, colouring pages and an online quiz.













## Managing Bleeds During COVID-19

Hi everyone,

My name is Alison Morris and I am the Senior Musculoskeletal Physiotherapist working at Perth Children's Hospital. Instead of catching up with many of you at the Haemolympics Family Camp last month, I find myself reaching out to you all in the unprecedented times of Covid-19. Times in which families are adjusting to home isolation, working from home, online schooling, cancellation of sporting activities and adjustments to some changes in health care service delivery. The effect of these changes on the frequency of bleeding episodes will only be answered retrospectively and has been an interesting area of discussion amongst health care professionals. Some feel that numbers will decrease with the cessation of sports whilst others (including myself) fear a potential increase in bleeds although not necessarily an increase in presentations as people fear attending hospitals and choose to manage bleeds themselves. As we celebrate World Haemophilia Day, I have put together a few tips on minimising risk during this time.

**Call your HTC for advice re bleeds** – bleeds are a treatment priority and management protocols remain unchanged. Do not try and manage bleeds at home – extra factor does not constitute treatment. There has been huge progress in rolling out telehealth and video-conferencing options for consultations resulting in a reduction in the need to attend the hospital physically. Your HTC team will assess whether this service is appropriate to your current circumstance.

**Strictly adhere to your prophylaxis regime** – missed or delayed doses of prophylaxis are the greatest risk factor for bleeds. With the loss of 'normal routine', remembering to administer factor may be a greater challenge than normal. Set phone reminders, mark doses on a wall planner, use Post It Notes on the fridge or if you have access, use MyWAPPS. Parents of children/teenagers that have transitioned to self infusion may need to check in with their kids more frequently.

**Maintain your physical activity levels** – exercise is an integral part of management for people with a bleeding disorder as it improves muscle strength and control therefore protects your joints. It also improves your fitness and has a positive effect on mental well-being. Replicate your normal levels of physical activity. If you normally engage in team sports, set up some training drills in the backyard or your local park and continue with your aerobic training e.g. running or cycling. This will also reduce the likelihood of injury on returning to sport. If you normally rely on incidental exercise which you are no longer getting, substitute short walks / bike rides around the neighbourhood, just remember to adhere to social distancing guidelines. For those with young children who no longer have access to local parks, ride bikes or scooters, set up obstacle courses in the backyard, dance or play ball games. Currently, for those that rely on water-based activities, there is always the beach or backyard pools and for those that usually go to the gym, many items found within the home environment can be substituted for weights.

**Exercise caution if starting a new exercise program** – social media platforms are currently flooded with 'Keep Fit / Surviving Isolation' exercise programs and challenge ideas. Before starting a program, consider whether the exercise is appropriate to you, your level of fitness, experience and your bleeding disorder. Do you have target joints you need to consider? Start any new exercise program slowly with low reps, sets and weights and gradually increase over time. If you are unsure, contact your HTC Physiotherapist and they can advise.

**Equipment** - remember to wear appropriate protective equipment and footwear for your chosen activity and to assess new environments for hazards.

Finally, this is designed as a generic guide and is more biased towards the youth age groups although the principles are applicable across all age groups. For individualised advice, including modifications to your personal programs, contact your HTC physiotherapist directly.

## COVID-19: Practical recommendations for people with haemophilia

**From the World Federation of Hemophilia Medical Advisory Board (MAB)\* and WFH Coagulation Products Safety, Supply and Access Committee (CPSSAC)\*\*:**

\*MAB members: Greig Blamey, Ampaiwan Chuansumrit, Saliou Diop, Vincent Dumez, Magdy El Ekiaby, Cedric Hermans, Alfonso Iorio, Radoslaw Kaczmarek, Kate Khair, Steve Kitchen, Barbara Konkle, Ed Kuebler, Declan Noone, Flora Peyvandi, Steven Pipe, Jeff Stonebraker, Graeme Ting, Alain Weill, and Glenn F. Pierce, Chair

\*\*CPSSAC members: Magdy El Ekiaby, Dan Hart, Marion Koerper, Mike Makris, Brian O'Mahony, David Page, Flora Peyvandi, Glenn Pierce, Thomas Sannié, Uwe Schlenkrich, Mark Skinner, Alok Srivastava, Craig Upshaw, and Radoslaw Kaczmarek, Chair

**For people with hemophilia (PWH) currently treated with standard or extended recombinant half-life FVIII or FIX concentrates, FEIBA, FVIIa, or emicizumab:**

1. No reason to change the recommended treatment regimen
2. No reason to fear at this stage a shortage of treatment supplies, manufacturing issues or interruption in the supply chain
3. Contact hemophilia treatment centres (HTC) if stock at home or at hospital is limited
4. If you treat at home, do not order more replacement products than reasonably needed. However, a few extra doses for home use are prudent in case of any delivery delays or disruptions.

**For PWH treated with plasma-derived FVIII/FIX**

1. Viral inactivation and elimination procedures employed are sufficient to destroy lipid-enveloped viruses like SARS-CoV-2<sup>1</sup>
2. Not recommended to switch product
3. No supply disruptions in plasma-derived product supplies have been detected to date. The primary concern is a decrease in plasma collections at the front end of the plasma-derived product production at this stage.<sup>2,3</sup>
4. Blood and plasma donation continue to be a safe process, and the need for plasma donations is as great as ever. The support of current and new donors remains critical to maintain an adequate supply of blood and plasma during the pandemic.
5. All HTCs and blood and plasma collection centres are reminded to follow guidelines to protect both personnel and donors to prevent the spread of SARS-CoV-2 through human-to-human contact via respiratory droplets, as well as fomites.<sup>4</sup>
6. For PWH treated with other blood-derived products which are not virally inactivated (e.g., cryoprecipitate, platelets), treatment decisions should be based on clinical risk/benefit analysis balancing the safety of not treating a bleeding event and any residual risk of acquiring another infection.

**For PWH currently in clinical trials (excluding post-marketing trials)<sup>5</sup>**

1. Contact your HTC to discuss the implications of the pandemic
2. Ensure availability of study drugs and that the treatment is not interrupted
3. Discuss modalities of follow-up/monitoring with an HTC study team. Remote follow-up visits are strongly encouraged unless an investigational product has to be administered and face to face monitoring is needed to prevent dangerous side effects.
4. For PWH who recently received a gene therapy product ( $\leq 12$  months after infusion), scheduled liver function testing should remain a priority for safety and efficacy purposes.
5. Do not discontinue or switch treatment if you are currently receiving a clinical trial treatment unless directed to do so by the study team..



## COVID-19: Practical recommendations for people with haemophilia

### For PWH who are scheduled to be soon enrolled in a trial testing a new treatment<sup>5</sup>

1. Postponement of enrollment should be discussed with the study team
2. Many medical centres have banned initiation of new clinical trials so as to not distract medical resources needed to deal with the pandemic

### Specific measures to reduce exposure of SARS-CoV-2, the virus that causes COVID-19 in PWH with haemophilia

1. All measures to reduce exposure to persons with COVID-19 should be proactively promoted in all PWH with comorbidities (cardiovascular disease, hypertension, obesity, diabetes, HIV, old age), or on steroids or other powerful immunosuppressant drugs.<sup>6,7</sup>
2. Exposure to everyone, including lower risk individuals and children, is the single most important precaution to avoid infection. Sheltering in place and social distancing are the most important tools to use.
3. Minimize the need to visit health care professionals in hospitals or offices. Non-urgent care and elective surgeries should be postponed.
4. Paracetamol (acetaminophen) reduces fever without inhibiting the inflammatory response needed for fighting coronavirus and is recommended for persons with bleeding disorders
5. Paracetamol (acetaminophen) should not exceed 60mg/kg/day or 3g/day, since it causes liver damage at higher doses
6. Ibuprofen and other non-steroidal anti-inflammatory drugs (NSAIDs) are usually not advised in PWH with bleeding disorders because they may increase bleeding though inhibition of platelet function. In addition, in particular ibuprofen has been suggested to either make COVID-19 worse or enhance risk of infection with SARS-CoV-2 due to upregulation of the entry receptor, angiotensin converting enzyme 2. However, the evidence supporting this is limited at this time.<sup>8,10</sup>
7. Remember, specific hygienic measures, such as regular hand washing with soap, not touching one's face, not aerosolizing a cough, and maintaining at least 2 metres (6 feet) distance from other people are key to preventing coronavirus transmission.

### Specific measures in case of hospital admission of a bleeding disorders patient with COVID-19 infection

1. Good liaison between the hospital where patient is admitted and the HTC
2. Arrange replacement therapy / secure venous access.
3. Inform team in case of treatment with emicizumab (risk of mis-management and mis-interpretation of hemostasis laboratory tests by unfamiliar health professionals).<sup>11</sup>
4. Inform if you are part of an ongoing experimental treatment with rebalancing agents (anti-TFPI and fitusiran) and you have a risk of thrombosis or other clotting system imbalances, or you've undergone a recent treatment with gene therapy. If so, liaise with HTC.
5. If you have COVID-19 infection, some clinicians suggest prophylactic therapy and maintaining higher clotting factor levels as a precaution against bleeding into lungs from potentially severe damage inflicted by SARS-CoV-2 and severe coughing/nose blowing creating increased blood pressure in brain that might lead to bleeding. There are case reports providing evidence to support this statement.

The news is changing daily. We will update WFH information as needed,

## COVID-19: Practical recommendations for people with haemophilia

### References

Busch M, LM Katz, H Shan. Webinar: Update on the COVID-19 Coronavirus Outbreak: Blood Collection and Safety Implications. ISBT Education. 03/04/20. <https://educaisbtweb.org/isbt/2020/covid-19/289245/michael.busch.louis.m.katz.26.hua.shan.webinar.update.on.the.covid-19.html?f=menu%3D8%2Abrowseby%3D8%2Asortby%3D2%2Alabel%3D19776>. Accessed 19 March 2020.

Novel Coronavirus Disease (COVID-19) Resources. <https://www.pptaglobal.org/23-advocacy/access-to-care/1057-covid-19>. Accessed 19 March 2020.

New Coronavirus (SARS-CoV-2) and the Safety Margins of Plasma Protein Therapies. <https://www.pptaglobal.org/media-and-information/ppta-statements/1055-2019-novel-coronavirus-2019-ncov-and-plasma-protein-therapies>. Accessed 19 March 2020.

1. van Doremalen N, Bushmaker T, Morris DH, et al. Aerosol and Surface Stability of SARS-CoV-2 as Compared with SARS-CoV-1. N Engl J Med. 2020 Mar 17. DOI: 1056/NEJMc2004973. FDA Guidance on Conduct of Clinical Trials of Medical Products during COVID-19 Pandemic. <https://www.fda.gov/regulatory-information/search-fda-guidance-documents/fda-guidance-conduct-clinical-trials-medical-products-during-covid-19-pandemic>. Accessed 19 March 2020.
- 1 Zhou F, T Yu, R Du. Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study. The Lancet. Published online March 9, 2020. DOI: [https://doi.org/10.1016/S0140-6736\(20\)30566-3](https://doi.org/10.1016/S0140-6736(20)30566-3).
- 2 Fang L, G Karakiulakis, M Roth. Are patients with hypertension and diabetes mellitus at increased risk for COVID-19 infection? Lancet Respir Med 2020. Published Online March 11, 2020 DOI: [https://doi.org/10.1016/S2213-2600\(20\)30116-8](https://doi.org/10.1016/S2213-2600(20)30116-8). EMA gives advice on the use of non-steroidal anti-inflammatories for COVID-19. <https://www.ema.europa.eu/en/news/ema-gives-advice-use-non-steroidal-anti-inflammatories-covid-19>. Accessed 19 March 2020.
1. Voiriot G, Q Philippot, A Elabbadi, C Elbim, Martin Chalumeau, M Fartoukh. Risks Related to the Use of Non-Steroidal Anti-Inflammatory Drugs in Community-Acquired Pneumonia in Adult and Pediatric Patients. J. Clin. Med. 2019, 8, 786; doi:10.3390/jcm8060786
2. Legras A, B Giraudeau, A-P Jonville-Bera, et al. A multicentre case-control study of nonsteroidal anti-inflammatory drugs as a risk factor for severe sepsis and septic shock. Critical Care 2009, 13:R43 (doi:10.1186/cc7766).
3. Adamkewicz JI, DC Chen, I Paz-Priel. Effects and Interferences of Eficizumab, a Humanised Bispecific Antibody Mimicking Activated Factor VIII Cofactor Function, on Coagulation Assays. Thromb Haemost 2019; 119(07): 1084-1093. DOI: 10.1055/s-0039-1688687

### Websites of interest

<https://www.cdc.gov> Centers for Disease Control and Prevention (US)

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019> and <https://www.who.int/health-topics/coronavirus> World Health Organization

<https://www.ecdc.europa.eu/en/novel-coronavirus-china> EU Center for Disease Prevention and Control

<https://www.nih.gov/health-information/coronavirus> National Institutes of Health

<https://www.worldometers.info/coronavirus/> global data

<https://www.nejm.org/coronavirus> New England Journal of Medicine summaries

<https://www.pptaglobal.org/23-advocacy/access-to-care/1057-covid-19> Plasma protein therapeutics association

<https://www.isbtweb.org/> International Society of Blood Transfusion



## Arved Wasser Memorial Fund

### INFORMATION AND APPLICATION FORM

*HFWA invites applications for the Arved Wasser Memorial Fund for the 2019/2020 financial year. If you would like to apply to the fund please complete the Standard Form of Application, and return to HFWA no later than Friday 29 May 2020.*

*The Fund was established to give people with a bleeding disorder access to limited financial assistance, should they wish to pursue any educational, recreational, or work related study or activity. Conditions are explained in the guidelines. Criteria for eligibility may loosely be described as any means of "self-betterment".*

#### Guidelines

1. a) For such time as the fund remains sustainable, a nominated sum (e.g. \$1,000) shall be made available each financial year. This amount may be reached by way of a single grant, or several smaller grants.
- b) These grants will consist of a nominated sum from the Arved Wasser Memorial Fund, and an amount being equal to this sum, (i.e. 50% of total) coming from HFWA general funds.
- c) Monies to be available for these grants, and any conditions hereto, shall be decided at the sole discretion of HFWA committee.
2. The recipient of any grant from this fund must reside in Western Australia, and have a bleeding disorder. Family members (including carriers) are not eligible.
3. a) Members will be invited to make application, (e.g. notice in newsletter) however; financial membership of HFWA shall not be a pre-requisite for any applicant.
- b) HFWA shall define a period of time in which applications should be lodged each year. At the conclusion of this period, fair and equal consideration will be given to all applications. If none are received, or approved within the allotted time, applications may be lodged any time until the end of the current financial year.
- c) If, in any financial year that the fund is operating, no grants are approved, or the total of those approved is less than the sum nominated by the HFWA committee, such monies shall remain in the fund to be "rolled over" into the following financial year. They shall not be available for any other purpose, unless so designated by HFWA committee.
4. Applications should be made by the person concerned or in the case of a minor, by a parent or legal guardian.
5. The sitting committee of HFWA shall consider each application according to individual circumstances. A decision on any application (s) shall be at the discretion of said committee. Any such decision will be final.
6. These grants are not intended to subsidise regular primary or secondary school fees, with regard to "every day" school curriculum. Additional tuition or courses, or skill building activities (e.g. photography, music or scuba diving) may qualify.
7. There shall be no restriction on how the grants may be used, with regard to further education, such as TAFE or university courses.
8. These grants are not intended for medical treatments or procedures.
9. These grants may be given for sporting or recreational activities. There shall be no restriction on how the grants may be used. However, preference will be given to an applicant seeking assistance (e.g. travel or equipment subsidy), in order to attend a special event such as a major championship, training facility, seminar or meeting, in relation to their chosen sport or activity.
10. Wherever and whenever possible, monies from these grants shall be paid directly to the "third party" involved (i.e. the person or body providing the goods or services being considered). Unless presented with exceptional circumstances, monies will not be paid to applicants.

## Arved Wasser Memorial Fund

### STANDARD FORM OF APPLICATION\*

- \* To be completed by the applicant (or parent / legal guardian if under 18 years of age) and returned to, HFWA City West Lotteries House, 2 Delhi Street, West Perth WA 6005.
- \* Please read grant guidelines carefully before completing.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Age: \_\_\_\_\_

Telephone: \_\_\_\_\_

Amount Requested: \$ \_\_\_\_\_

\*\*(Please give a brief explanation of how this money will be used).

If insufficient space, please attach a separate sheet.

- I make this application in good faith, having read and understood the guidelines pertaining to such.
- I shall accept and abide by any decision made by the Haemophilia Foundation Western Australia Inc. Management Committee, relating to this application.

Signature of Applicant (or parent/legal guardian if under 18 years of age).

\_\_\_\_\_  
Applicant/Parent/Legal Guardian

\_\_\_\_\_  
Date



## Looking after your Mental Health in Isolation

To support your mental health at this time, you can try some of these steps.

### **Practise self-care**

It's easy to sleep-in, spend all day in your pyjamas and eat junk, but looking after yourself is essential for mental wellbeing. Even simple things such as washing your face and brushing your teeth can make a big difference to the way you feel.

"Ensure your home is well-lit and ventilated and following basic self care, such as healthy eating, good sleep and appropriate hydration and try to keep to a routine.

Have adequate supplies at home. If you are self-isolating and unable to leave the house even to shop, make plans, think about getting food delivered or asking someone else to drop food off for you. If staying at home has changed your routine, create a new one to make sure you are looking after yourself.

### **Exercise if you can**

Moving can be easier said than done, but it can significantly boost your mood. If you are well enough, exercise is good for mental and physical well-being. If you are able, get into your garden and get a daily dose of sunshine to boost your vitamin D. There are a few exercise at home videos on youtube for people with haemophilia.

### **Set up group connections**

Set up a group with family or friends and regularly checking in with people, either online or by phone. That way, you can offer support to anyone who is struggling or reach out to others if you need to.

Sending or receiving daily updates can help us feel more connected and less alone.

### **Distract yourself**

Write down your thoughts. This can help offload any worries you may have. It's also important to try to keep busy, whether that means going for a daily walk or learning a new skill. There are plenty of activities you can try at home, including crafts, painting, reading, cooking and baking.

"If you feel low, keep a journal this can be a helpful way to unload emotions. Maybe look at some free online courses or join an on-line group and turn off the news.

### **Be kind to yourself**

If you don't feel like doing anything, though. It's important to be kind to yourself and recognise when you need a break.

Try to relax and focus on positive things, knowing that every effort is being made globally to bring this situation to a close, but it will take time.

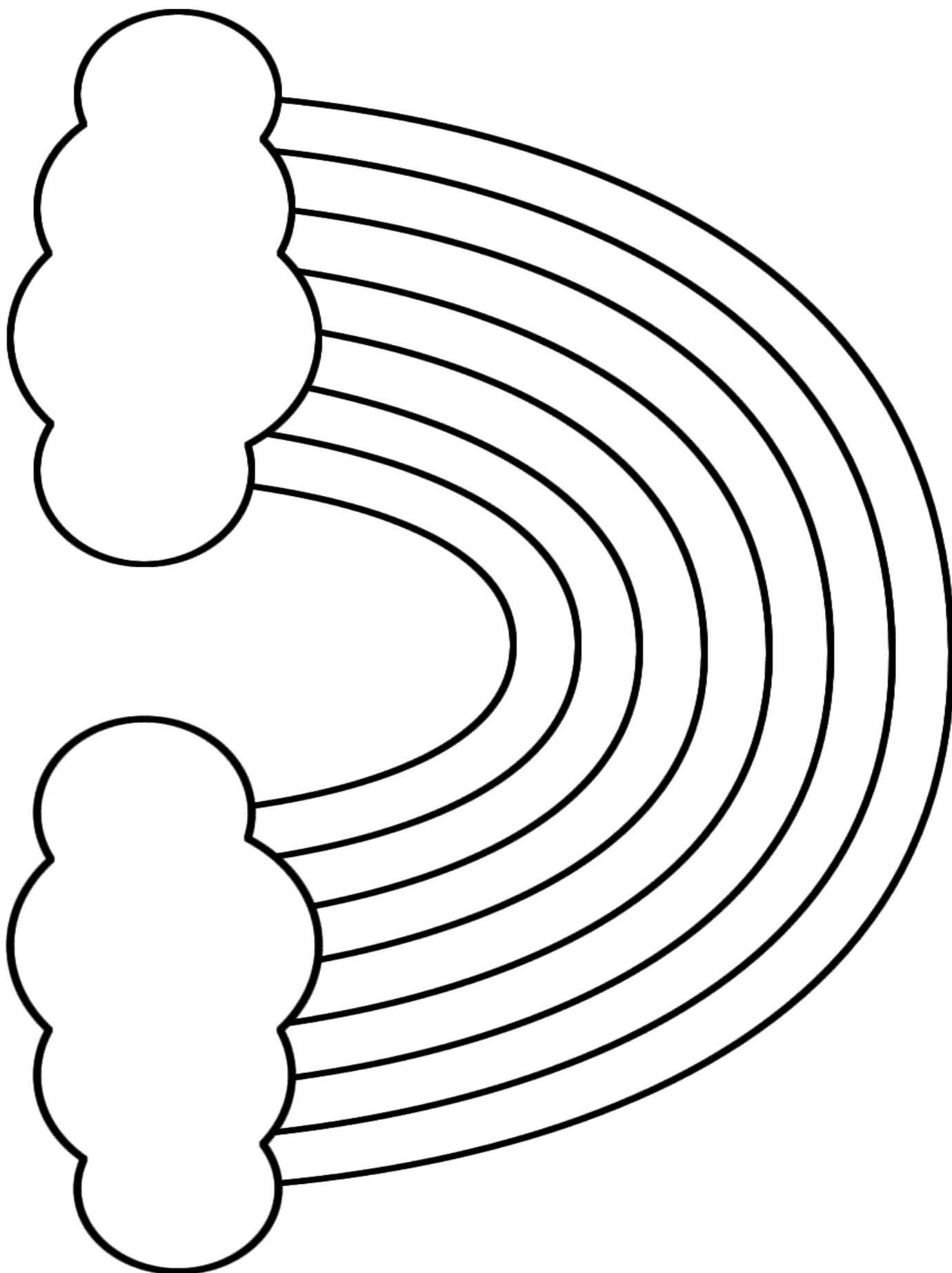
### **Get professional help**

It is important to continue ongoing treatment for a physical or mental health problem. Medicare has introduced temporary telehealth mental health services so you don't need to be seen face to face, check with your clinician to see what they offer.

If you or someone you care for needs immediate emergency support, call emergency services on 000. Crisis support is also available 24/7 from the below services:

- Lifeline Helpline 13 11 14
- Suicide Helpline 1300 651 251
- Direct Line (Drug and Alcohol Counselling) 1800 888 236
- Kids Helpline 1800 187 263
- SANE Australia (Mental Illness Helpline) 1800 688 382

## Lockdown Colouring Page





HFWA are selling quality shopping bags to support our state programs.

To order your bags and arrange collection  
email: [office@hfw.org.au](mailto:office@hfw.org.au) or  
call: 9420 7294.



**Jute Large Shopping Bag**  
42cm W x 33cm H



**\$6.50**

**Red Shopping Bag**  
33cm W x 35cm H



**\$3.00**

I would like to order \_\_\_\_\_ Jute large bags

I would like to order \_\_\_\_\_ Red bags

**Total \$** \_\_\_\_\_ (postage can be arranged at extra cost).

Please complete credit card details below or deposit the total with your Surname as your reference to:  
Acct Name: **The Haemophilia Foundation of WA Inc.** BSB: **086 488** Acct No: **03 523 3031**

**PLEASE NOTE THAT CREDIT CARD DETAILS WILL NOT BE RETAINED AFTER PROCESSING**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Card Type:

☐ Visa ☐ MasterCard ☐ AMEX ☐ Diners

Card Number:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Expiry Date:

		/			CVV:	
--	--	---	--	--	------	--

Name on Card:


# HFWA NAIL POLISH GIFT PACKS

In Stock Now

Three bottle gift packs available.  
Looking for that personalised gift with a real message for family  
and friends? Look no further!

## Gift Packs

Gift packs contain Helen's Melons (red) and two colours of your choice.



**\$40.00  
Per Pack**

## Assorted Colours

Helen's Melons, Emerald Green, Rose Gold, Silver and White.



**\$20.00  
Each**

I would like to order \_\_\_\_\_ Gift Packs with the following colours:

\_\_\_\_\_

I would like to order \_\_\_\_\_ Bottles of the following colours:

\_\_\_\_\_

**Total \$** \_\_\_\_\_ (postage can be arranged at extra cost.)

Please deposit the total with your Surname and "Polish" as your reference to:

Acct Name: **The Haemophilia Foundation of WA Inc.**

BSB: **086 488**

Acct No: **03 523 3031**

Phone the office: 08 94207294 to pay by credit card

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

**HURRY STOCK IS LIMITED!**