



# THROMBOSIS IRL

## *Be Aware – Save Lives*

9<sup>th</sup> April, 2020

In the midst of an ever changing world, we commit do our best to keep you informed and updated with the latest and correct information for Thrombosis Patients and the public in general.

Our office is closed at present but we are working remotely to continue to support you at this crucial time.

Please do not hesitate to contact us via email [info@thrombosisireland.ie](mailto:info@thrombosisireland.ie) and we will get back to you as promptly as we can. Alternatively, you can contact Ann Marie on 087 363 4828 or via our social media platforms on Facebook, Twitter or Instagram.

All our education and awareness events are postponed for now but we will start over as soon as possible with a view to hosting the best *World Thrombosis Day 13<sup>th</sup> October, 2020* events to date.

**Covid-19** is a new illness that can affect your lungs and airways.

It is caused by a virus called coronavirus.

**All Patients with Risk factors should cocoon as per HSE guidelines.**

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

Please reach out to your care provider if you are unwell or require INR monitoring as normal. Systems are being put in place in all Warfarin/Anticoagulation clinics around the country to make sure you are being protected.



## **All Patients with Risk factors should cocoon as per HSE guidelines.**

To reassure our precious Senior', 85% of over 80's who have gotten Covid-19 have survived. Age of itself is not the biggest risk.

At Risk Groups include people who are:

- Over 60 (People over 70 are particularly at risk and should cocoon.
- Have long term medical conditions like heart disease, lung disease, diabetes, cancer, cerebrovascular disease, renal disease, liver disease or high blood pressure.
- Have a weak immune system.
- Have a medical condition that can affect your breathing.
- Are residents of a nursing home or long-stay settings.
- Are in specialist disability care and are over 50 years of age or have an underlying health problem.

## **Important information:**

People with Covid-19 are more likely to develop blood clots, during and for 90 days after a hospital stay so it is very important, they Know about their Risk, Know the signs to watch for and get immediate medical attention if they suspect a blood clot. Ask your doctor for a Blood Clot Alert Card, available in every acute hospital or from Thrombosis Ireland.

To Protect yourself from a potentially fatal blood clot :

- Keep moving every 90 minutes to get your blood flowing.
- Stay hydrated, drink plenty of water.
- Make yourself aware of the warning signs of a blood clot.
- Seek medical help FAST if you suspect a blood clot.



We would like to extend our deepest sympathy to all family and friends who have lost loved ones in the last few weeks. Our hearts are broken with you.

Thrombosis Ireland, on behalf of all our Patients Nationwide, would like to **thank** our Government, the HSE & our Frontline Medical Staff, Cleaners & Chefs and all hospital staff for their magnificent bravery while working to protect and care for our sick. We would also like to acknowledge & thank all our essential workers in Supermarkets & Pharmacies, delivery companies.

We appreciate what you do and we will **Stay Home** for you!