

AIR IQ LUPUS NEWS

Issue: Spring-2020



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In my spare time I enjoy reading fiction, cooking and baking, travelling and hanging out with my family and cat, Goby!

COVID-19 and Lupus:

What is COVID-19: The novel COVID-19 virus is a form of a coronavirus. Coronaviruses

there is spill over to humans through some form of contact. We currently have identified seven coronaviruses, three of which are known to cause disease in humans including SARS, MERS and COVID-19.

COVID-19 and autoimmune disorders: Since the COVID-19 is a fairly new disease little is known specifically about its effect on people with autoimmune disorders such as SLE. It is not known whether individuals with lupus are at higher risk of getting COVID-19 or getting more severe complications. Certainly there is a concern that people with more active and severe lupus (involving the kidney or heart) and who are on more immune-suppressive medications may be at higher risk for getting COVID and suffering a more severe form, although this is not specifically known in studies. Several patient registries have been established in which information about the effects of COVID-19 in people with autoimmune disorders will be gathered. This will help us better understand the effects of this virus on certain patient populations.

It is important to continue with medications for treatment of lupus as well controlled quiet lupus symptoms better allow the body to fight infections. It is important to not stop any medications without talking to your lupus doctor.

Hydroxychloroquine is the cornerstone drug for treatment of lupus.

Hydroxychloroquine has become quite well-known in the past several weeks due to some small initial studies suggesting that it may be effective in helping fight covid-19 infection. Some more recent studies have shown that this may not be the case. More research needs to be done about the role of hydroxychloroquine in covid-19 infection. The increased use of hydroxychloroquine for COVID19 infection has raised concerns about possible shortages of this medication. Thus far this has not been a problem locally. Manufacturing of the drug has also been increased. Please let your rheumatologist know if you have difficulty getting the drug at your pharmacy.

It is important to remember to practice social distancing in helping prevent spread of COVID-19.

Remember to wear your mask in public and wash hands frequently.

Need Food Assistance?

The coronavirus pandemic has created new challenges for all of us. If you or someone you know is having trouble getting food, Lifeline can help. Call Lifeline by dialing 2-1-1 or texting 898-211, or go to 211lifeline.org to find a food pantry close to you.

Did you know we also have food pantries that will bring food to your door? The pantries below will deliver to those with immunocompromised conditions:

South Wedge Food Pantry (delivers to all zip codes around the Rochester area)
Phone number: 585-325-4950 or southwedgefoodrochester@gmail.com

St. Mark's and St. John's Episcopal Church (delivers around the 14609 zip code)
Phone Number: 585-654-9229

Another website to find food pantry information and grocery delivery programs is on the Eldersource website:

Remember you can always call your IQ-Lupus team members if you need help!

Kelly Callahan Outreach Care Coordinator: call/text: 585-301-5557

Jen Coglitore, RN Care Manager: call/text: 585-369-5028

Remember to wear a mask anytime you are in public or will be within 6 feet of others.

How to Make Your Own Face Mask:

You can make your own face mask using materials in your own home. A t-shirt or bandana, rubber bands or hair ties, and scissors is all you need.

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

