



## WHAT IS SICKLE CELL?

Sickle cell disease is a group of inherited red blood cell disorders that affect hemoglobin, the protein that carries oxygen through the body.

The hemoglobin is abnormal, which causes the red blood cells to become hard and sticky and look C-shaped.

## WHAT ARE SOME COMPLICATIONS?

- + Anemia
- + Infection
- + Organ Damage
- + Deep vein thrombosis (clots in the blood)
- + Jaundice (yellowing of the skin, eyes, and mouth)

## SIGNS OF SICKLE CELL CRISIS

- One-sided paralysis
- Unexplained numbness or weakness
- Severe headache, pain episodes
- Sudden Vision loss
- Breathing difficulties

## DO'S

- + *STAY HYDRATED*
- + *REPORT TO THE NURSE IF EXPERIENCING ANY SIGNS OF A CRISIS*
- + *GET VACCINATED*
- + *AVOID POSSIBLE INFECTIONS AND VIRUSES*

## DON'TS

- + *PLACES/SITUATIONS THAT LOWER YOUR OXYGEN LEVEL*
- + *ALCOHOL AND SMOKING*
- + *STRESS*
- + *EXTREME TEMPERATURES*
- + *STRENUOUS EXERCISE*



You can live a happy and healthy life by taking charge !

