

COVID 19

TEXAS RESOURCES

for Those Impacted by Genetic Conditions



KNOW THE FACTS



To find the latest COVID19 facts, statistics and guidance from a:

- **Texas/Local**
- **USA/ Federal**
- **World** perspective

Please visit these websites linked above.

EMERGENCY PLANS



The best time to plan for an emergency is before it happens. Take time now with your loved ones to prepare an emergency plan for their specific health needs.

- **Emergency Information Form (ACEP)**
- **Emergency Preparedness for those with Metabolic Disorders**
- **Emergency Cards for Genetic and Metabolic Conditions**

CONDITION SPECIFIC

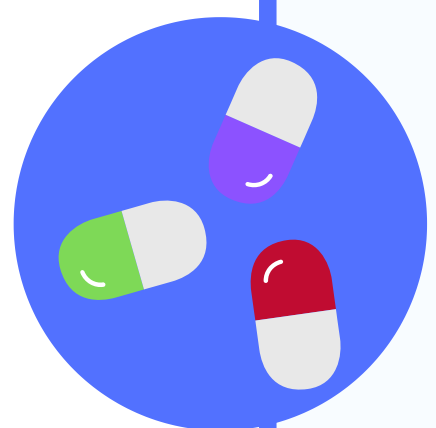


If you or your loved one has been diagnosed with a specific genetic condition please reach out to your healthcare provider or to the patient support organization for that condition, for specific information or advice. This [webinar from NORD](#) addresses COVID concerns for those with a rare disease. The [MSRGN website](#) has some other useful [links](#) for those with genetic conditions.

FOOD & MEDICATION

Having an extra 30-60 day supply of food, medication, metabolic food or formula is advisable for any emergency situation.

- **Food Access: 211.org**
- **Medical Foods Access**
- **Medication Access:** Talk with your pharmacist, specialist and insurance company to obtain.



SUPPORT

Having a support system in place can really enhance mental health during times of crisis. Below are some organizations that are available for support in times of need:

- **Texas Parent to Parent**
- **Crisis Line Resources (Texas)**
- **Navigate Life Texas**



TELEHEALTH

Many primary care clinics and specialty clinics are changing their in-person follow up appointments to [telehealth visits](#).

Please watch [this video](#) to learn more about telemedicine, telehealth and telegenetics. Ask your provider if telehealth is available to you, in an effort to minimize your exposure to the virus.

