



The International
22q11.2 Foundation Inc.

Monthly News & Updates

International 22q11.2 Foundation, Inc.

March 20, 2020 Issue 1

The leadership of the International 22q11.2 Foundation, Inc. has been carefully monitoring developments related to the coronavirus (COVID-19) and following careful deliberations has made the decision in doing their part to prevent the spread of COVID-19 by cancelling all in person events and meetings.

We have and will continue to provide information to our community, through our website and social media platforms as we receive updates from the medical community.

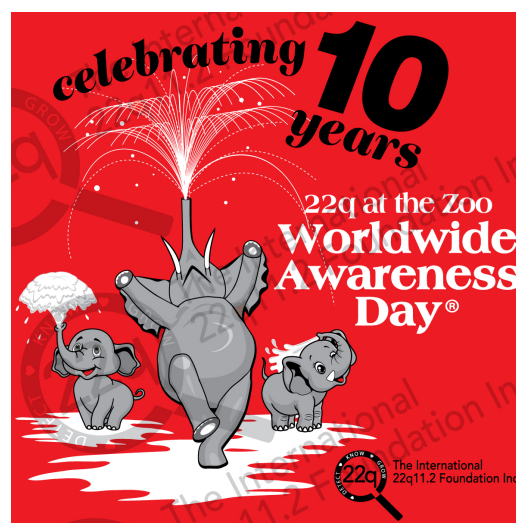
If resources outside of what we are sharing become available during this difficult time, please email us at info@22q.org so we can share with the entire 22q11.2 community.

Please join us for our

Virtual 22q at the Zoo - Worldwide Awareness Day!

Celebrating 10 years of sharing and caring!
Happening across the globe on Sunday May 17, 2020!

Let's work together to have the greatest number of locations participating ever – all from the comfort and safety of our own homes! From big cities to small towns alike – on this Zoo day no one should feel left out!



How can you participate? It's easy:

- Host a zoo day in your own home with your own family
- Don't invite anyone in person but join our official **"22q at the Zoo Worldwide Awareness Page"**
- Wear one of our previous 22q at the Zoo – Worldwide Awareness T-shirts, since part of the fun will be seeing how many official T-shirts from the past 9 years will be worn
- Don't have an official T-shirt? No problem, just wear red!
- Take photos with your family, your pets, stuffed zoo animals, zoo drawings, add virtual zoo animals, have fun with it, the possibilities are endless, and post online via our **drop event here**
- Thereafter we will create a virtual slide show to share as our 10th anniversary 22q at the Virtual Zoo world-wide pick-me-up!

Because even though our lives may be a zoo right now – We need to stick together!

We hope you will join us and we wish you all continued good health.

Latest News

COVID-19 Video Updates:

These videos feature presentations from the International 22q11.2 Foundations own Scientific Advisory Board Member, Kathleen Sullivan, MD, PhD. concerning the COVID-19 situation.

- March 18, 2020 **video update**
- March 10, 2020 **video update**
- March 4, 2020 **video update**



Dr. Sullivan is the Chair of Allergy and Immunology at the Children’s Hospital of Philadelphia and Professor of Pediatrics at the Perelman School of Medicine of the University of Pennsylvania. She is a world-renowned clinician and researcher with specific expertise in the chromosome 22q11.2 deletion and duplication syndromes. Dr. Sullivan also leads an international special interest group including Immunologists from around the world, all of whom are concentrating on chromosome 22q11.2 differences, through the 22q11.2 Society.

If you have any concerns about COVID-19 or any aspects of your health, please check with your healthcare provider.
Thank you.

How to talk to kids about the Coronavirus

News of the coronavirus COVID-19 is everywhere, from the front pages of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some **advice** from Jamie Howard, PhD, Clinical Psychologist at the Child Mind Institute:



British Congenital Cardiac Association

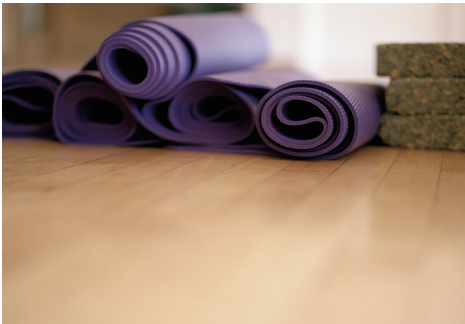
BCCA COVID-19 **guidance** for vulnerable groups with congenital heart disease (18 March 2020)

Activities to do while at home during the COVID-19 situation



Activities

- **VIRTUAL FIELD TRIPS**
- **VIRTUAL TOURS**
- **SCHOLASTIC**

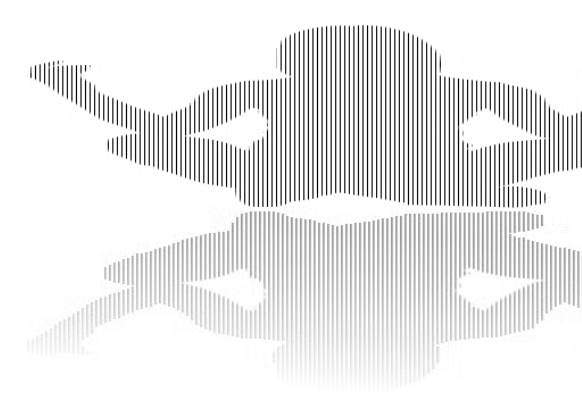


Physical Wellbeing – Staying Fit During Social Distancing

- Planet Fitness is offering **free live stream workouts** every day at 7:00 PM on their Facebook page
- DoYogaWithMe offers **free online yoga classes** to stream at home
- Fitness Blender offers **free fitness classes** to stream at home



Working from Home - Remaining Productive and Feeling Connected



Mental Wellbeing - Dealing with Anxiety, Stress, Isolation

- Follow these **best practices** to stay productive while working remotely, including creating a schedule and looking the part
- Additional **productivity tips** from Forbes including setting up your workspace and setting boundaries
- Check out these **10 tips** on how to maintain office relationships while working remotely
- **Stop, Breathe, and Think** offers free guided meditation with various categories to choose from
- **Insight Timer** also offers free meditation to improve sleep, and reduce anxiety and stress
- Follow these **tips** from the Anxiety and Depression Association of America to help cope with anxiety and isolation during quarantine
- Yale Medicine has provided **advice from experts** about how to stay calm when feeling anxious
- The National Alliance on Mental Illness (NAMI) has an excellent **information and resource document** which highlights FAQ about COVID-19, particularly relating to mental health

Sincerely,
The Executive Board International 22q11.2 Foundation, Inc.
Here for You Since 2003!
www.22q.org
Phone: (877) 739-1849

